



# Heat Stress Mitigation and Adaptation Strategies for Women Farmers



## Ensure you drink enough water

Drink water regularly to prevent dehydration and heatstroke, and carry sufficient water while working in the fields.

**Note:** Pregnant and breastfeeding women must prioritize hydration.



## Shade is Essential

Use trees, shade nets, or natural shelters to protect yourself and your livestock from the intense heat. Encourage women, older adults, and children to prioritize seeking shade while working in the fields.



## Wear Protective Clothing

Cover yourself with light, breathable clothes, wide-brimmed hats, and scarves to protect from the sun's rays.



## Take Frequent Breaks

Work early in the morning or late in the afternoon to avoid peak heat hours and take frequent breaks in cooler places.



## Support Each Other

Join or form women farmer groups to share knowledge, resources, and strategies for dealing with heatwaves.



## Plant heat-resistant crops and varieties

Grow crops and varieties that withstand extreme temperatures and water scarcity ensuring a stable yield even during heatwaves.



## Optimize Irrigation

Use water-saving technologies like drip or sprinkler irrigation and prioritize irrigation during critical stages of crop growth.



## Access Government Schemes

Leverage government schemes like Pradhan Mantri Fasal Bima Yojana for crop insurance to safeguard against losses from adverse weather conditions.



## Stay Prepared with Early Warning Systems

Use early warning systems like the Satark app to receive timely alerts on heatwaves and extreme weather, allowing to take swift and preventive actions.



Scan the QR code to download Satark app!

# Together, We Can Build a Heat-Resilient Future! Start Adapting Today!