

Health advisory Chardham Yatra-2023

All the pilgrimage sites in the Chardham Yatra are located in the high Himalayan region, whose height is more than 2700 meters above sea level. Travelers in these places can be affected by extreme cold, low humidity, extreme ultraviolet radiation, low air pressure and low oxygen content. Therefore, the following guidelines are being issued for the smooth and safe journey of all pilgrims.

Pre-Yatra

- **Plan Prepare Pack (3P)** - Focusing on prevention can help keep you safe during your journey. You must ensure medical and trek preparedness before your travel. High altitude can cause medical issues - it is critical to plan, prepare and pack for the same.
 - **Plan:**
 - Plan a trip for at least 7 days, allow time to acclimatize
 - Plan for frequent breaks - take 5-10 min breaks every 1 hour of trek or every 2 hours of automobile ascent
 - **Prepare:**
 - Practice breathing exercises for 5-10 minutes daily
 - Daily walk for 20-30 minutes
 - If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a health check-up done to ensure fitness for the trip
 - **Pack:**
 - Warm clothes - woolen sweaters, thermals, puffer jackets, gloves, socks
 - Rain gear - raincoats, umbrellas
 - Basic health check equipment - Pulse Oximeter, Thermometer
 - For pilgrims with pre-existing conditions (heart disease, asthma, hypertension, diabetes) - carry all existing medication & test devices, and contact number of your home physician
- Please check the weather report before your travel, and ensure you have sufficient warm clothes to manage in extreme cold temperatures
- Do not undertake the Yatra if your doctor advises against the same

During Yatra

- **Swasth Satark Safal Yatra** - Refer to communication placed by health department along the Yatra route for your convenience, and carefully follow all guidelines
 - **Refer to map of the different health touchpoints** planned for the service of pilgrims:
 - Medical relief posts
 - Primary health centres
 - Community health centres
 - District hospitals
 - Look out for **clear name boards** on buildings to identify Uttarakhand Health touchpoints
 - If you or any of your family members are feeling any of the below symptoms, please reach out to the nearest health service touchpoint immediately - **quick action can save your life:**
 - Chest Pain
 - Shortness of breath (difficulty talking)
 - Persistent coughing
 - Dizziness/disorientation (difficulty walking)
 - Vomiting
 - Icy/Cold skin
 - Weakness / numbness in one side of the body
- High altitude can cause severe medical issues. A minute's caution can save your life.**

- Special care should be taken of Yatris who are:
 - > 55 yrs of age
 - Pregnant women
 - Patients with history of heart disease, hypertension, asthma and diabetes
 - Obese patients (>30 BMI)

We are there to help take care of you - in case of any medical discomfort at all, please reach out to our medical screening kiosks and health facilities and get your health checked out.

- Additionally, in case of any medical emergency, please contact us at the **104 helpline number**.
- Don't consume alcohol, caffeinated drinks, sleeping pills, and strong painkillers during the Yatra, also refrain from smoking.
- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra