

# DIWALI



In the lead-up to Diwali, we wanted to share a few do's and don'ts so that the festival is a joyous occasion filled with laughter and togetherness. As always, please feel free to reach out to us with any questions or comments at [ois@healthspring.in](mailto:ois@healthspring.in). We look forward to working closely with you, and building a culture of health at OIS!

## Diwali Do's:

1. Light firecrackers outside the house. This may sound obvious, but children may get excited and light sparklers inside the house, increasing the risk of fire accidents.
2. Clear the area of all flammable material before you start setting off fireworks. Non-grassy areas work best.
3. Ensure that there is adult supervision when children are bursting firecrackers.
4. Use agarbattis (incense sticks) to light firecrackers, as they are safer than using sparklers.
5. In case of accidents, call 102 (Mumbai's emergency access number), or any Healthspring centres.

## Diwali Don'ts:

1. Besides sparklers, never light firecrackers while holding them in your hands.
2. Do not burn candles or light diyas (lamps) close to where you store your firecrackers.
3. Do not try to light more than one firecracker at a time. Light one, move away, and only light another one when there are no other 'live' firecrackers in the vicinity.
4. Do not point rockets or other such firecrackers at buildings; they could enter homes if the windows are open.
5. Do not wear nylon or synthetic fabrics when lighting firecrackers. Loose, flowing clothes are also not a good idea. Well-fitting cotton clothes are best when one is playing with firecrackers.

Parents, Diwali is probably best-known for the excitement of bursting firecrackers in the evenings. Firecrackers can be dangerous though, and may result in burns. Here are a few ways to tell the seriousness of a burn, so that your families can enjoy the festival of lights while being safe.

- Here's a thumb rule: 1 palm = 1% of your body surface area
- Estimate how serious a burn is by looking at the burnt surface area:
  - >5% is a serious burn for a child
  - >10% is serious for an adult
- When dealing with blisters, seek medical attention and remember:
  - Superficial blister - Do not burst it
  - Burst and charred blister – Second degree burn
  - Charred but not painful blister – Very serious, most likely caused by electric shock



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