



08.05.2025

Hot and Humid Weather Warning (YELLOW WARNING)

Maximum temperatures are very likely to be around 37 °C at Isolated places in Palakkad, around 36 °C at Thrissur, Kozhikode, Kannur & Kasaragod on 8th & 9th May 2025.

Hot & Humid weather is very likely to prevail over these districts except in hilly areas on 8th & 9th May 2025 due to high temperature and humidity.

Impacts expected

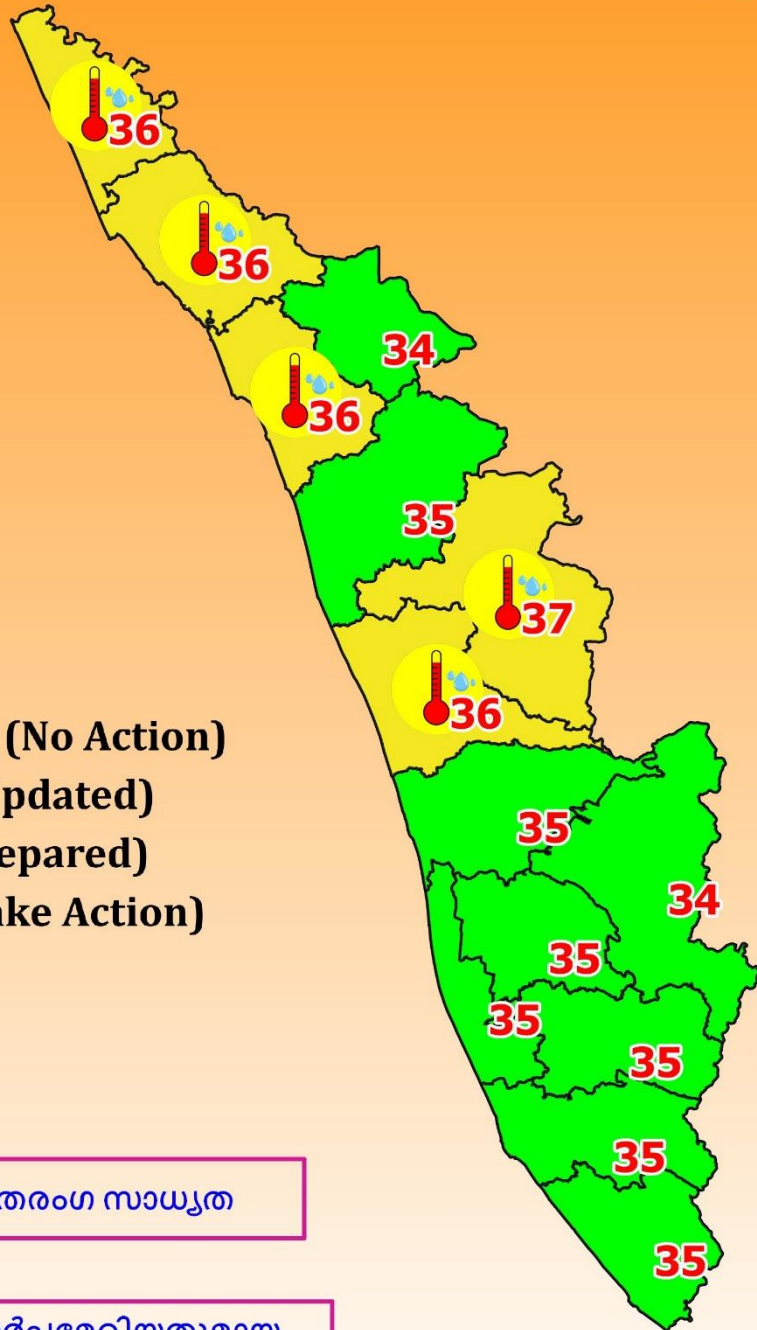
1. Such weather is of health concern for vulnerable people e.g. infants, the elderly, people with chronic diseases, and people exposed to the sun for prolonged periods or doing heavy work.
2. Heat Cramp, Heat Rash likely during the peak hours of the day (11 AM – 3 PM)

Action suggested

- ✓ Avoid prolonged heat exposure.
- ✓ Wear lightweight, light-colored, loose, cotton clothes.
- ✓ Cover your head: Use a cloth, hat, or umbrella, while outdoors
- ✓ Drink sufficient water- even if not thirsty to avoid dehydration.
- ✓ Schedule strenuous jobs to cooler times of the day.
- ✓ Increasing the frequency and length of rest breaks for outdoor activities.
- ✓ Pregnant workers and workers with medical conditions should be given additional attention.
- ✓ Caution workers to avoid direct sunlight from 11 AM – 3 PM
- ✓ Keep the cattle indoors between 11 AM and 3 PM
- ✓ Do not leave Children or pets in parked vehicles
- ✓ Rallies/Gatherings need to be monitored during the peak hours (11AM – 3 PM) of the day.

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VALID UPTO 9-5-2025



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DUTY OFFICER
Meteorological Centre, Thiruvananthapuram

