

	<p style="text-align: center;">இந்திய அரசு இந்தியவானிலை ஆய்வுத் துறை மண்டலவானிலை ஆய்வுமையம் 6, கல்லூரிசாலை, சென்னை 600006 - தொலைபேசி: 044- 28271951.</p>		<p style="text-align: center;">GOVERNMENT OF INDIA INDIA METEOROLOGICAL DEPARTMENT Regional Meteorological Centre No. 6, College Road, Chennai-600006 Phone: 044- 28271951.</p>
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Dated: April 25, 2024

Time of issue: 16:30 hrs IST

Sub: Special message regarding maximum temperatures over Tamilnadu, Puducherry & Karaikal

Maximum temperatures observed during the past 24 hours:

During the 24-hr ending 08:30 IST of today (25.04.2024), the maximum temperatures over Tamilnadu were generally **above normal by 2-4°C** over a few pockets in the plains of interior Tamilnadu. They were **4-5°C** above normal at isolated pockets over north interior Tamilnadu (Erode district)

Heat wave conditions prevailed over **Erode district** of north interior Tamilnadu.

Nine stations of interior Tamilnadu recorded maximum temperature of **40°C - 42°C**.

Highest maximum temperature recorded at **Erode 42.0°C (+4.5°C)**, followed by **Vellore: 41.6°C (+2.7°C)**, **Tirupattur: 41.4°C (+3.7°C)**, **Salem: 41.1°C (+3.2°C)**, **Karur Paramathi: 41.0°C (+3.5°C)**, **Dharmapuri: 40.7°C (+3.5°C)**, **Tiruttani: 40.6°C (+2.2°C)**, **Tiruchi: 40.5°C (+2.4°C)**, **Namakkal: 40.5**.

Plains of the rest of interior Tamilnadu recorded **38-39°C**.

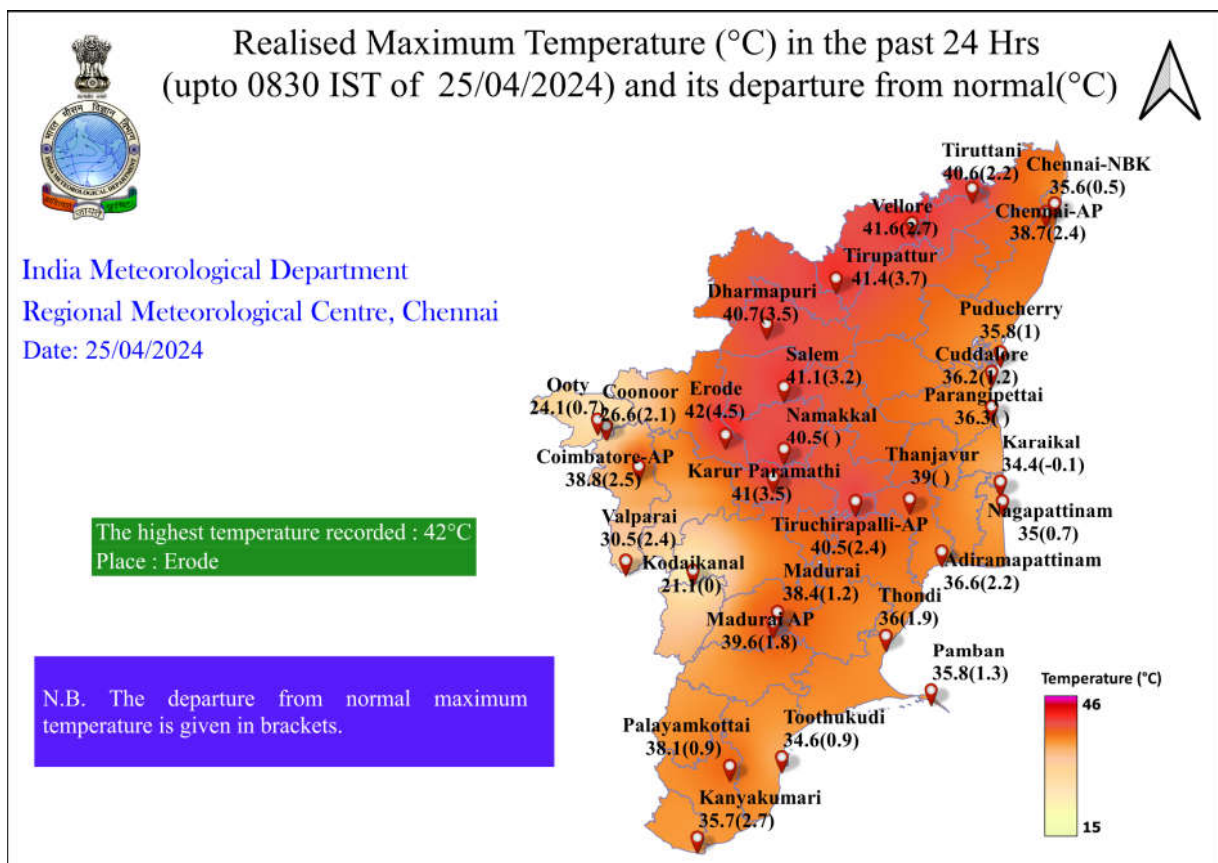
The **coastal areas** of Tamilnadu, Puducherry & Karaikal recorded **34°C to 39°C** and the **hilly areas** 21°C to 31°C (generally, above normal maximum temperatures).

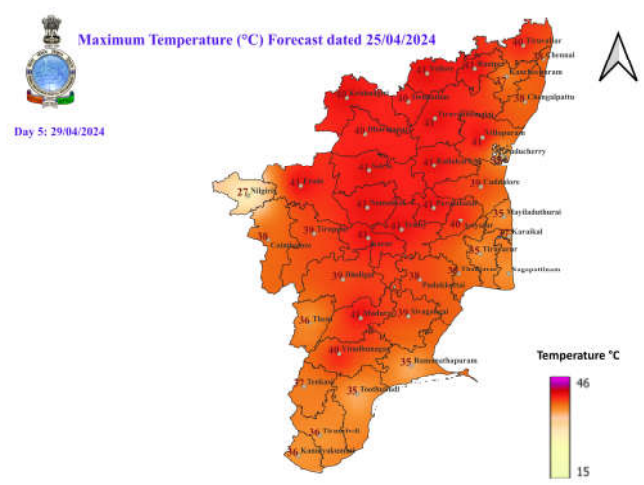
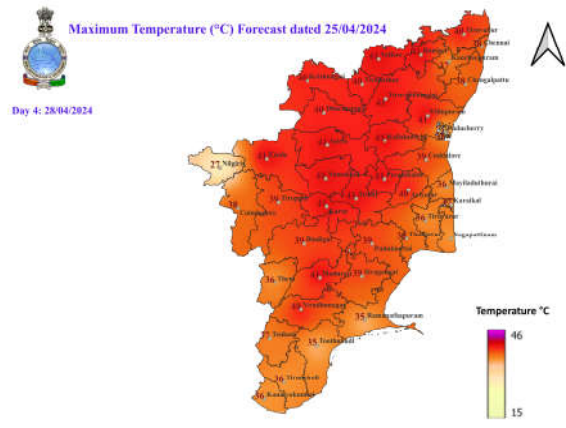
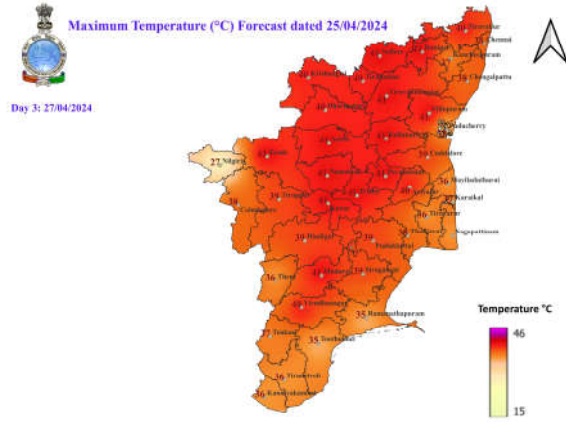
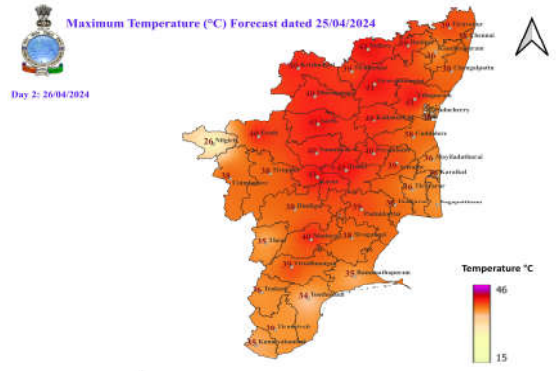
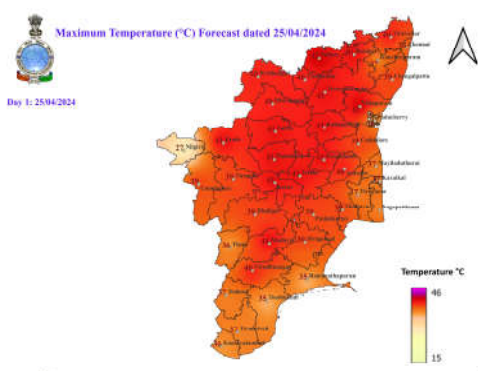
Chennai Nungambakkam (NBK: 35.6°C (+0.5°C)) recorded normal maximum temperature and Meenambakkam (MBK: 38.7°C (+2.4°C)) recorded above normal maximum temperature.

Temperature & Humidity Forecast and warning for next five days:

<p>Forecast Day-1 to Day-5 (25.04.2024 to 29.04.2024)</p>	<p>Maximum Temperature:</p> <p>Maximum temperature is likely to be 2-4°C above normal at isolated pockets over Tamilnadu during the next five days (25.04.2024 to 29.04.2024).</p> <p>It is likely to be 38-41°C at a few pockets over the plains of the</p>
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	interior districts during the next five days. (25.04.2024 to 29.04.2024). Relative Humidity (25.04.2024 to 29.04.2024): Humidity is likely to be about 30-50% in the afternoon hours and 40-75% during the rest of the day over the plains of interior districts; and 50-80% over the coastal areas during the next five days.
Warning Day-1 to Day-5 (25.04.2024-29.04.2024)	Due to high temperatures and humid conditions, hot and discomfort weather is likely at isolated pockets over Tamilnadu during the next five days.
Action suggested to the public	As given in the attachment





ADVISE FOR MINIMISING IMPACTS DUE TO HEAT STRESS

(<https://ndma.gov.in/Natural-Hazards/Heat-Wave/Dos-Donts>)

- Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
- Drink sufficient water and as often as possible, even if not thirsty
- Wear lightweight, light-coloured, loose and porous cotton clothes. Use protective goggles, umbrella/hat, shoes or chappals while going out in sun.
- Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 p.m.
- While travelling, carry water with you.
- If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs.
- Do not leave children or pets in parked vehicles.
- If you feel faint or ill, see a doctor immediately.
- Use ORS, homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which helps to re-hydrate the body.
- Keep animals in shade and give them plenty of water to drink.
- Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- Use fans, damp clothing and take bath in cold water frequently.

TIPS FOR TREATMENT OF A PERSON AFFECTED BY A SUNSTROKE

- Lay the person in a cool place, under a shade. Wipe her/him with a wet cloth/wash the body frequently. Pour normal temperature water on the head. The main thing is to bring down the body temperature.
- Give the person ORS to drink or lemon sarbat/torani or whatever is useful to rehydrate the body.
- Take the person immediately to the nearest health centre. The patient needs immediate hospitalisation, as heat strokes could be fatal.

ACCLIMATISATION

People at risk are those who have come from a cooler climate to a hot climate. You may have such a person(s) visiting your family during the heat wave season. They should not move about in open field for a period of one week till the body is acclimatized to heat and should drink plenty of water. Acclimatization is achieved by gradual exposure to the hot environment during heat wave.