

	<p style="text-align: center;">இந்திய அரசு இந்தியவானிலைஆய்வுத்துறை மண்டலவானிலைஆய்வுமையம் 6, கல்லூரிசாலை, சென்னை600006 - 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>
---	---	---	---

Dated: 26-04-2024	Time of issue: 14:30 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 (26.04.2024), there was no large change in the maximum temperatures over Tamilnadu and were generally above normal to appreciably above normal by 2-4°C over a few pockets in the plains of interior Tamilnadu. They were generally near normal over the plains of rest of Tamilnadu, Puducherry & Karaikal areas.

Highest maximum temperature recorded at **Erode 42.2°C (+3.8°C)**. Eight stations, other than Erode recorded maximum temperature above 40°C. **Tirupattur: 41.8°C (+4.0°C)**, **Salem: 41.7°C (+4.0°C)**, **Karur Paramathi: 41.5°C (+4.4°C)**, **Dharmapuri: 40.7°C (+3.6°C)**, **Namakkal: 40.5°C**, **Trichy: 40.2°C (+2.0°C)**, **Tiruttani:40.0°C (+1.1°C)**, **Vellore: 40.0°C (+1.2°C)**.

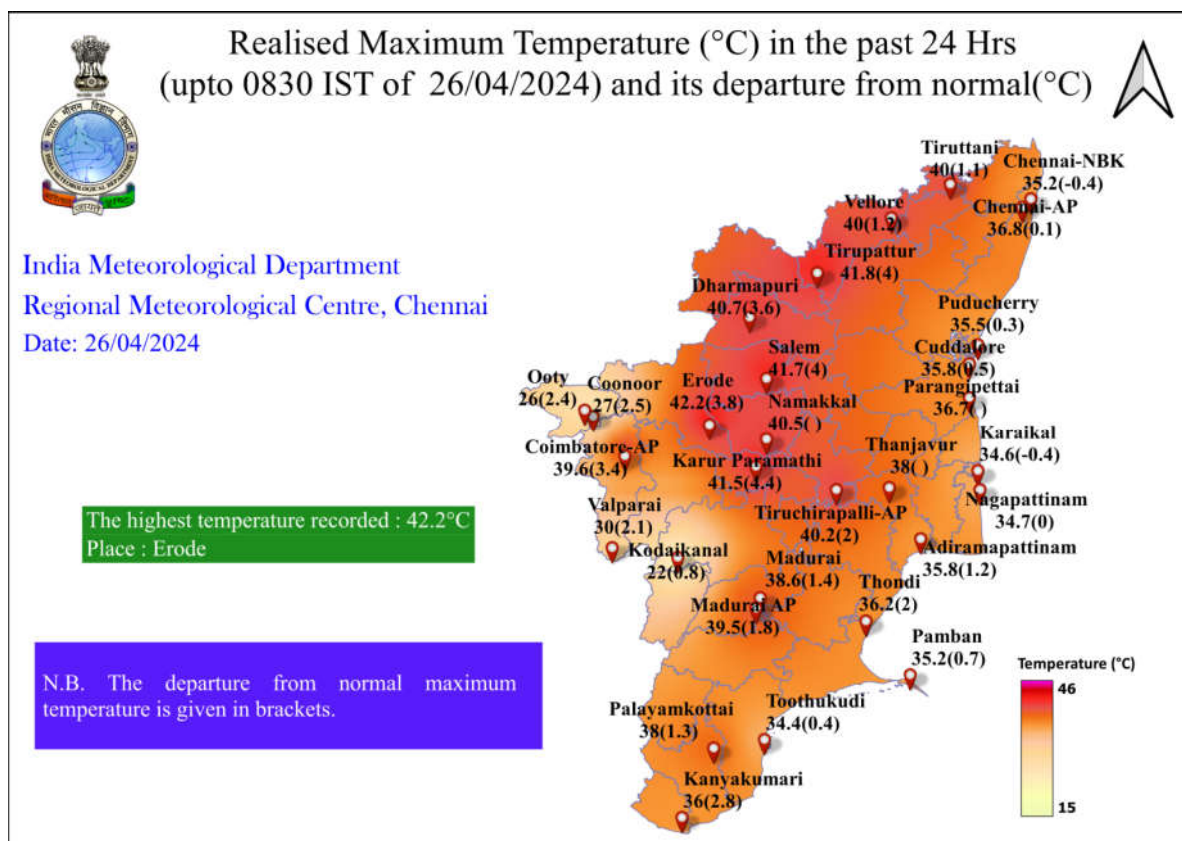
Plains of the rest of Interior Tamilnadu recorded 38-40°C. The coastal areas of Tamilnadu, Puducherry & Karaikal recorded 34°C to 38°C and the hilly areas, 22°C to 30°C temperatures

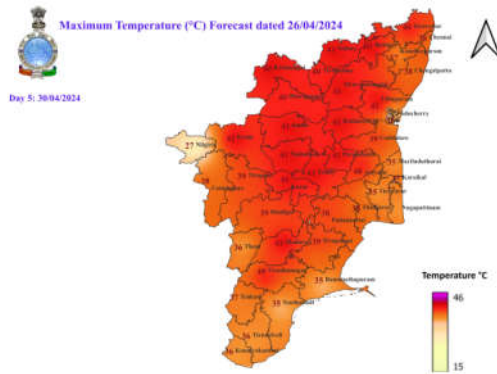
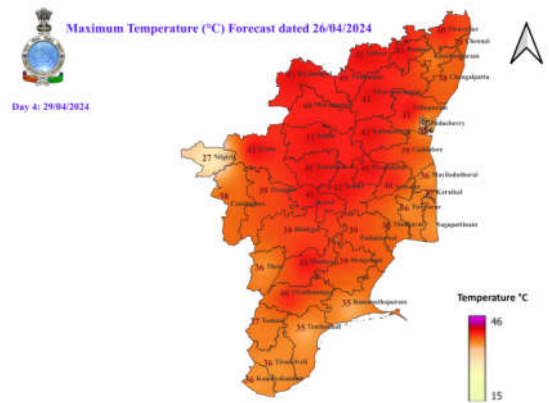
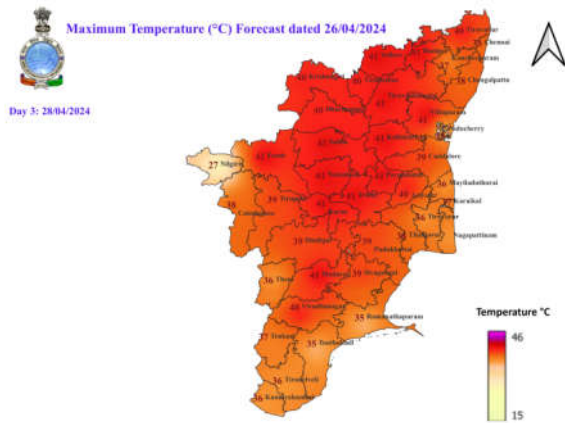
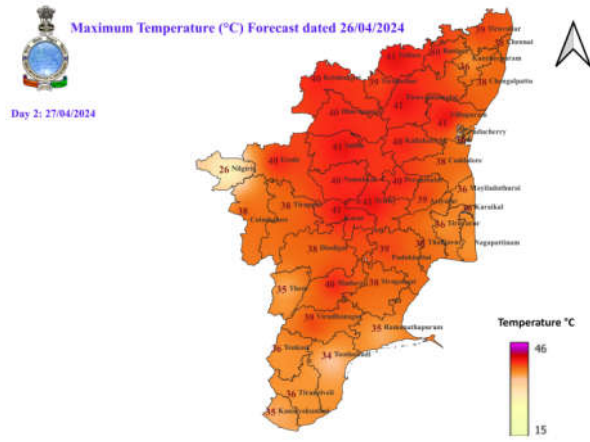
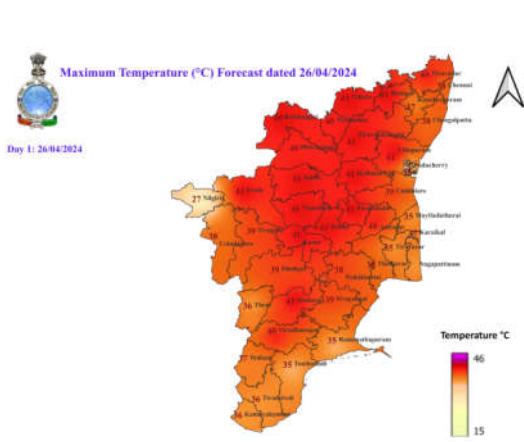
Chennai recorded normal maximum (**MBK:36.8°C, +0.1°C** and **NBK: 35.2°C, -0.4°C**).

Temperature & Humidity Forecast and warning for next five days:

<p>Forecast Day-1 to Day-5 (26.04.2024 to 30.04.2024)</p>	<p><u>Maximum Temperature:</u></p> <p>Maximum temperature is likely to raise gradually upto 2°C over Interior Tamilnadu during the next five days (26.04.2024 to 30.04.2024).</p> <p>Maximum temperature is likely to be 3-5°C above normal at a few pockets over the North Interior Tamilnadu during the next five days (26.04.2024 to 30.04.2024).</p> <p>It is likely to be 39-42°C at a few pockets over the plains of the</p>
---	---

	<p>North Interior districts of Tamilnadu during the next five days. (26.04.2024 to 30.04.2024). It is likely to be 35-39°C at a few pockets over the plains of the rest Tamilnadu, Puducherry and Karaikal area during the next five days. (26.04.2024 to 30.04.2024).</p> <p>Relative Humidity (26.04.2024 to 30.04.2024): 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 (26.04.2024 to 30.04.2024).</p>
<p>Warning Day-1 to Day-5 (26.04.2024-30.04.2024)</p>	<p>Due to high temperatures and humid conditions, hot and discomfort weather is likely at isolated pockets over Tamilnadu during the next five days.</p> <p>HEAT WAVE WARNING: Heat wave is likely at isolated pockets over North Interior Tamilnadu during the next five days 26.04.2024 to 30.04.2024</p>
<p>Action suggested to the public</p>	<p>As given in the attachment</p>





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.