

	<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>
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Dated: 01-05-2024	Time of issue: 13:30 hrs IST
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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 (01.05.2024), the maximum temperatures over Tamilnadu were generally **above normal to appreciably above normal 2 to 4°C** over few pockets in the plains of interior Tamilnadu. They were **normal to above normal (1-3°C)** over the coastal areas of Tamilnadu and near normal over Puducherry & Karaikal area.

Highest maximum temperature recorded at **Karur Paramathi : 42.5°C (+5.7°C)** followed by **Erode: 42.2 °C (+4.1°C), Tirupattur: 41.8°C (+3.9°C),Vellore: 41.6°C (+2.4°C), Tiruchirappalli_AP: 41.3°C (+2.9°C),Salem: 40.8°C (+3.2°C),Madurai_AP:40.6°C (+2.9°C), Dharmapuri: 40.2°C (+3.3°C), Madurai City: 40.2 (+2.6°C),Tiruthani: 40.2°C (+1.0°C), Namakkal: 40.0°C and Thanjavur: 40.0°C**

Plains of **the rest of Interior Tamilnadu** recorded **38-40°C**.

The **coastal areas** of Tamilnadu, Puducherry & Karaikal recorded **35°C to 38°C** and the **hilly areas**, **23°C to 30°C** temperatures.

Chennai recorded normal maximum (MBK: **39.4°C, +2.3°C** and NBK: **36.9°C, +0.8°C**).

Temperature & Humidity Forecast and warning for next five days:

<p>Forecast <u>Day-1 to Day-5</u> <u>(01.05.2024 to</u> <u>05.05.2024)</u></p>	<p><u>Maximum Temperature:</u></p> <p>Maximum temperature over Interior Tamilnadu is likely to raise gradually upto 2°C during the next three days (01.05.2024 to 03.05.2024) and thereafter it is likely to fall upto 2°C during next two days (04.05.2024 to 05.05.2024) .</p> <p>Maximum temperature is likely to be generally 2-4°C above normal over the interior Tamilnadu during the next five days (01.05.2024 to 05.05.2024) and above normal by 3-5°C at a few pockets over north interior Tamilnadu during next three days. (01.05.2024 to 03.05.2024).</p> <p>It is likely to be 39-43°C at a few pockets over the plains of the</p>
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	<p>North Interior districts, 38-40°C over the plains of the rest Tamilnadu and 36-39°C over coastal Tamilnadu, Puducherry and Karaikal area during the next five days. (01.05.2024 to 05.05.2024).</p> <p><u>Relative Humidity</u></p> <p>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 (01.05.2024 to 05.05.2024).</p>
<p><u>Warning Day-1 to Day-3 (01.05.2024-03.05.2024)</u></p>	<p>Heat wave conditions are likely to prevail at isolated pockets over North Interior Tamilnadu. Due to humid air & high temperatures, hot & discomfort weather is very likely to prevail at isolated pockets over rest of Tamilnadu, Puducherry and Karaikal area</p>
<p>Action suggested to the public</p>	<p>As given in the attachment</p>

**P.SENTHAMARAI KANNAN
SCIENTIST-F**

for the Deputy Director General of Meteorology
Regional Meteorological Centre, Chennai



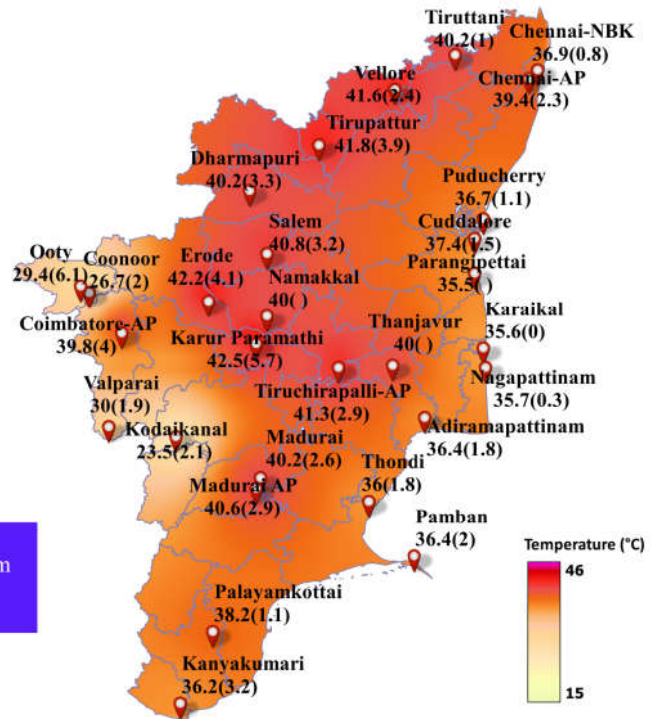
Realised Maximum Temperature (°C) in the past 24 Hrs (upto 0830 IST of 01/05/2024) and its departure from normal(°C)

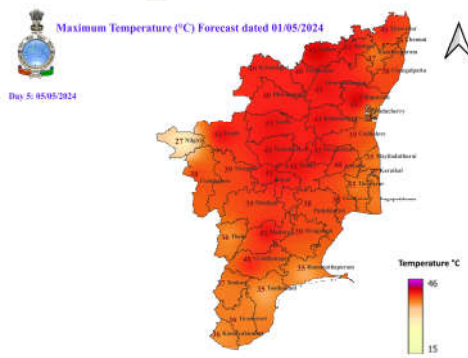
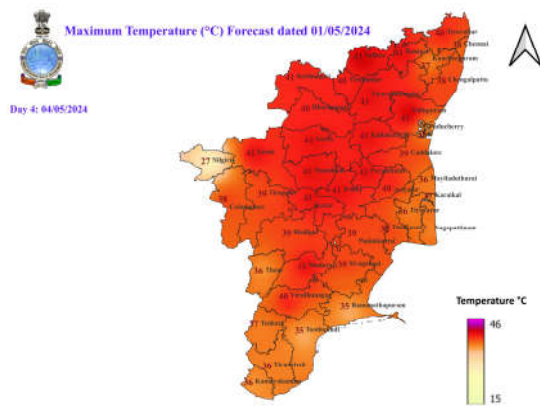
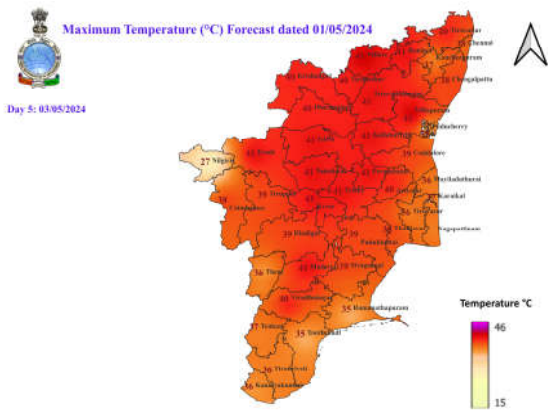
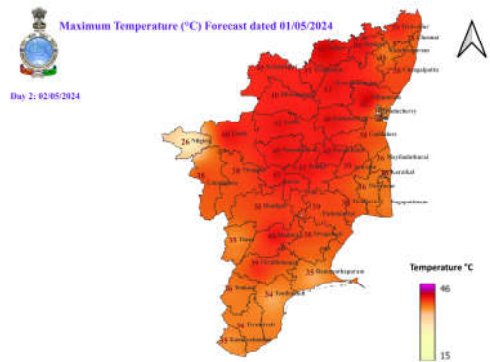
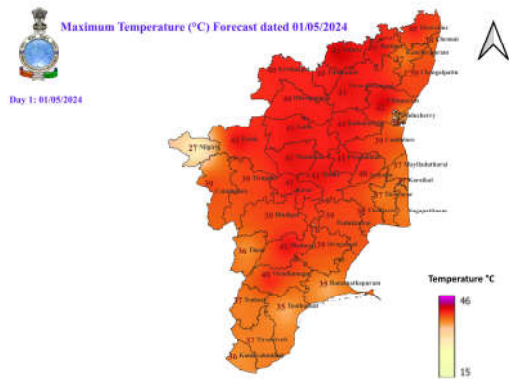


India Meteorological Department
Regional Meteorological Centre, Chennai
Date: 01/05/2024

The highest temperature recorded : 42.5°C
Place : Karur Paramathi

N.B. The departure from normal maximum temperature is given in brackets.





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.