

	<p style="text-align: center;">இந்திய அரசு இந்தியவானிலைஆய்வுத்துறை மண்டலவானிலைஆய்வுமையம் 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: 08-05-2024	Time of issue: 14:00 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 (08.05.2024), the maximum temperatures over Tamilnadu were generally **above normal to appreciably above normal** over few places in the plains of interior Tamilnadu and **normal to above normal** over the coastal areas of Tamilnadu, Puducherry & Karaikal.

Heat wave condition prevailed at isolated pockets in Interior Tamilnadu.

Highest maximum temperature recorded at **Tiruchirappalli_AP: 42.1°C (+4.0°C)** followed. **By Madurai_AP: 41.7°C(+4.1°C), Palayamkottai: 41.5°C (+4.1°C), Madurai City 41.2°C (+4.7°C), Karur Paramathi 41.5°C (+5.2°C), Erode: 40.8°C(+3.3°C), Vellore: 40.5°C(+1.5°C) and Tiruthani: 40.1°C(+0.2°C).**

Plains of the **rest of Interior Tamilnadu** recorded **38-40°C**. The **coastal areas** of Tamilnadu, Puducherry and Karaikal recorded **35°C to 38°C** and the **hilly areas**, **23°C to 31°C** temperatures.

Chennai recorded normal maximum (**MBK:38.6°C, +1.0°C and NBK: 36.1°C, -0.3°C**).

Temperature & Humidity Forecast and warning for next five days:

<p><u>Forecast</u> <u>Day-1 to Day-5</u> <u>(08.05.2024 to</u> <u>12.05.2024)</u></p>	<p><u>Maximum Temperature:</u> <u>08.05.2024- 12.05.2024:</u> Maximum temperature is likely to fall gradually upto 2°C during next five days (08.05.2024 to 12.05.2024) over Tamilnadu, Puducherry and Karaikal area.</p> <p><u>08.05.2024- 12.05.2024:</u> Maximum temperature is likely to be generally 2-3°C above normal over the Interior Tamilnadu during the next five days (08.05.2024 to 12.05.2024).</p> <p>It is likely to be 40-41°C at a few pockets over the plains of the Interior districts, 38-39°C over the plains of the rest Tamilnadu and 35-37°C over coastal Tamilnadu, Puducherry and Karaikal area during the next five days. (08.05.2024 to 12.05.2024).</p>
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	<p><u>Relative Humidity (08.05.2024 - 12.05.2024):</u> Humidity is likely to be about 40-55% in the afternoon hours and 50-85% during the rest of the day over the plains of interior districts; and 55-85% over the coastal areas during the next five days (08.05.2024 to 12.05.2024).</p>
<p><u>Warning Day-1 & Day-2 (08.05.2024 & 09.05.2024)</u></p>	<p>Due to humid air & high temperatures, hot & discomfort weather is very likely to prevail at isolated pockets over Interior 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



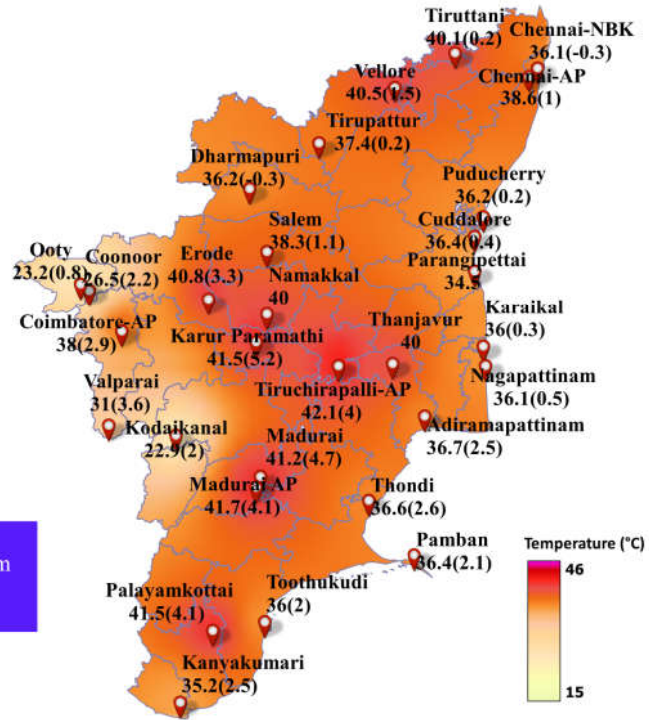
Realised Maximum Temperature ($^{\circ}\text{C}$) in the past 24 Hrs
(upto 0830 IST of 08/05/2024) and its departure from normal($^{\circ}\text{C}$)

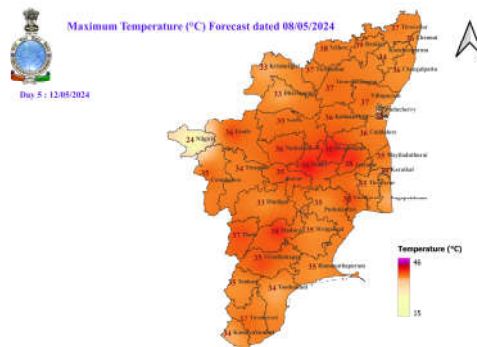
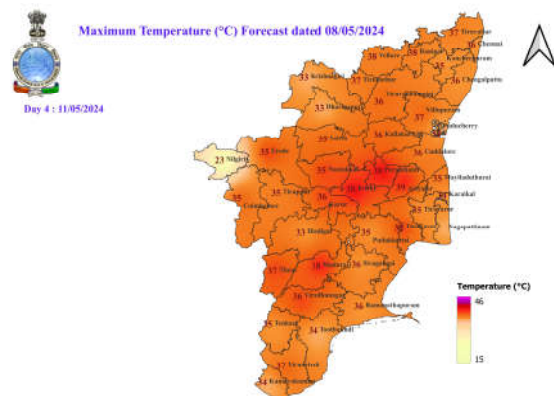
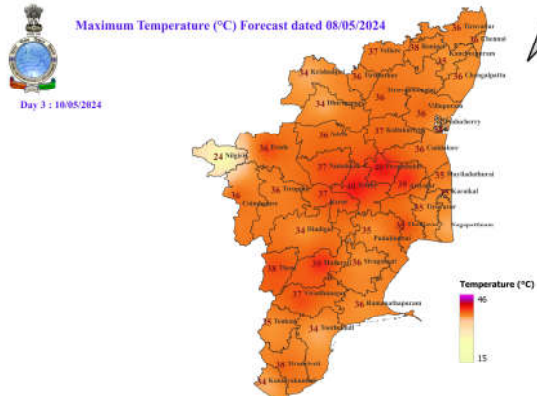
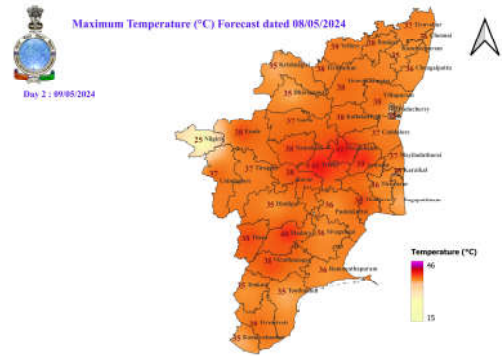
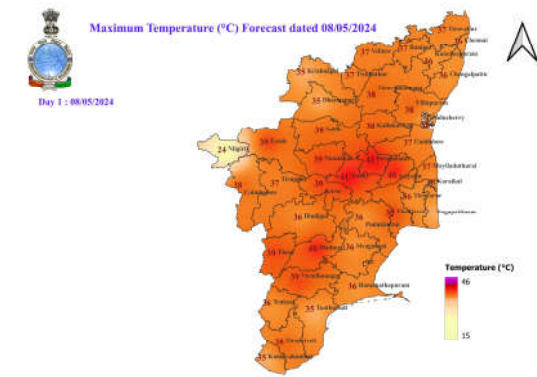


India Meteorological Department
Regional Meteorological Centre, Chennai
Date: 08/05/2024

The highest temperature recorded : 42.1°C
Place : Tiruchirapalli-AP

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.