

இந்திய அரசு
இந்திய வானிலை ஆய்வு துறை
மண்டல வானிலை ஆய்வு மையம்
6, கல்லூரி சாலை, சென்னை 600006
தொலைபேசி: 044- 28271951



GOVERNMENT OF INDIA
INDIA METEOROLOGICAL DEPARTMENT
Regional Meteorological Centre
No. 6, College Road, Chennai-600006
Phone: 044- 28271951

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

Maximum temperatures observed during the past 24 hours:

Maximum temperatures during the 24-hr ending 08:30 IST of today (05.04.2024) were generally **above normal by 3-5°C over many pockets in the plains of interior Tamilnadu**. They were **markedly above normal (about +4.5°C to +5.0°C)** at isolated pockets over north interior Tamilnadu (Karur & Dharmapuri districts).

Ten stations in interior Tamilnadu recorded 40°C- 41.5 °C.

Highest maximum temperature was recorded at **Karur Paramathi: 41.5°C (+5.0°C)** followed by **Erode: 41.2°C (+3.8°C)**, **Salem: 41.2°C (+3.6°C)** & **Dharmapuri: 41.0°C (+4.8°C)**.

Madurai city & airport, Namakkal, Tirupattur, Thiruchirapalli & Vellore recorded 40.0°C.

Coimbatore, Tiruttani & Thanjavur recorded 39°C to 40°C.

The coastal areas of Tamilnadu, Puducherry & Karaikal recorded 34°C to 37°C and the hilly areas, 23°C to 30°C.

Chennai recorded normal maximum temperatures (NBK: 34.7°C & MBK: 35.8°C)

Temperature & Humidity Forecast and warning for next five days:

Forecast

Day-1-Day-5

(06.04.2024 to 10.04.2024)

Maximum Temperature:

No large change in maximum temperature is likely over Tamilnadu, Puducherry & Karaikal during the next two days and a gradual fall by 2-3°C is likely during the subsequent three days.

06.04.2024-07.04.2024:

Maximum temperature is likely to be 3-5°C above normal at many pockets over the plains of north interior Tamilnadu and 2-4°C above normal at a few pockets over the rest of Tamilnadu, Puducherry & Karaikal.

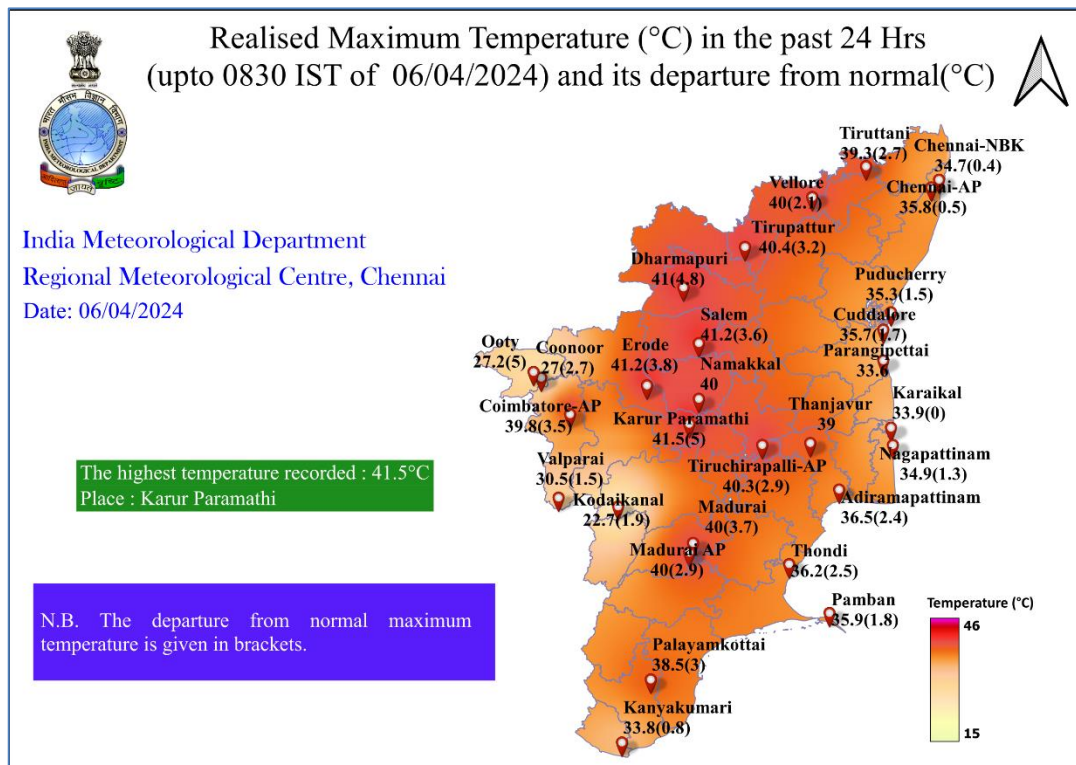
It is likely to be 40°C to 41°C at a few pockets over the north interior districts; 38°C to 40°C at many pockets in the plains of the interior areas and 34°C to 37°C in the coastal areas of Tamilnadu, Puducherry & Karaikal.

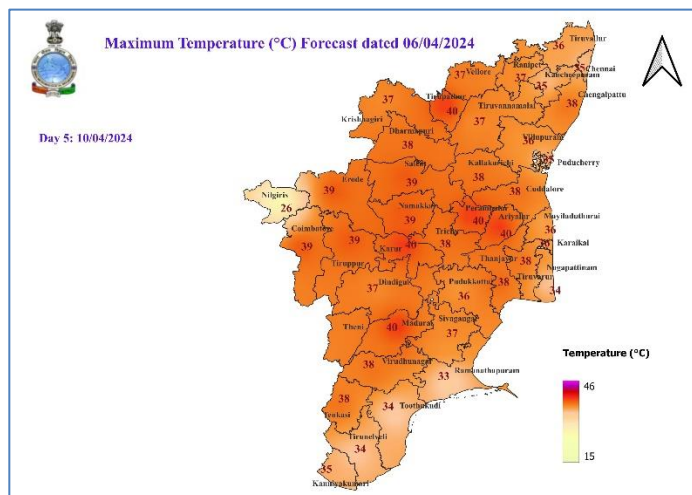
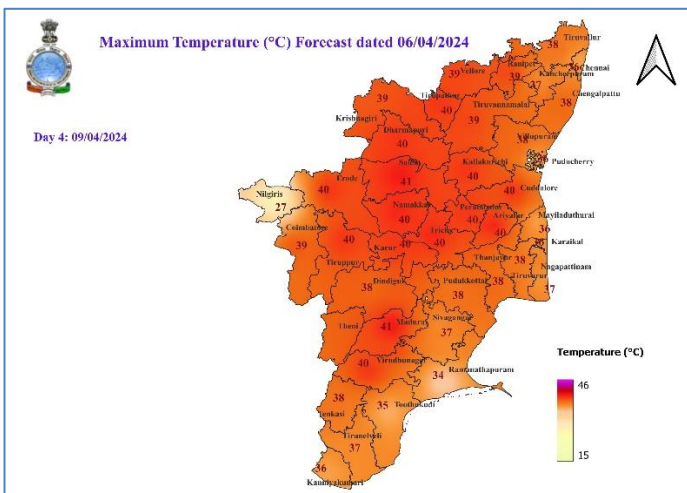
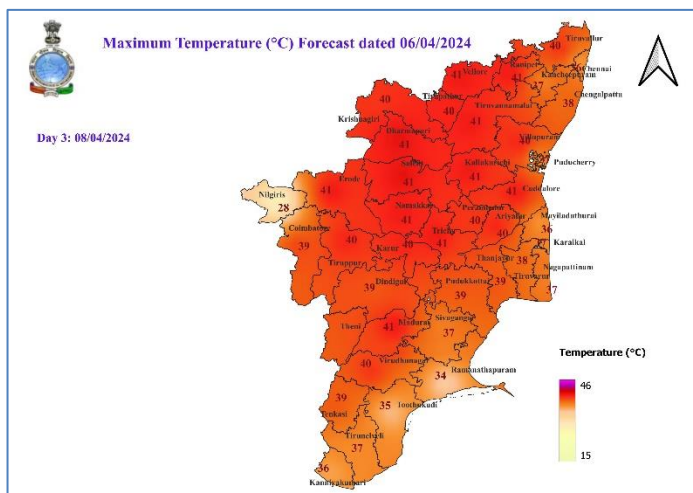
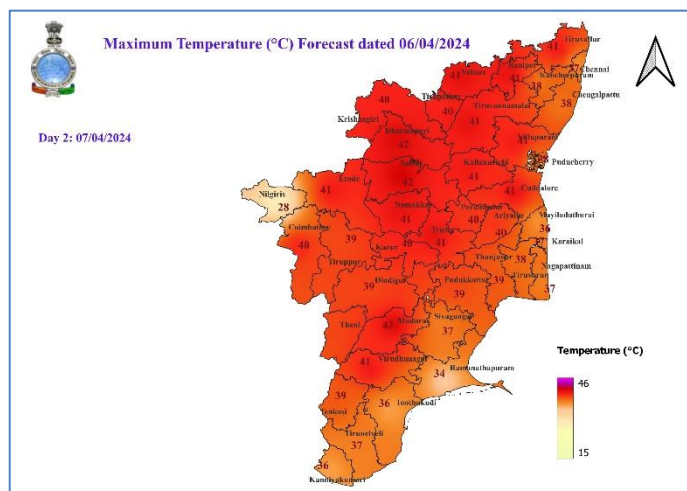
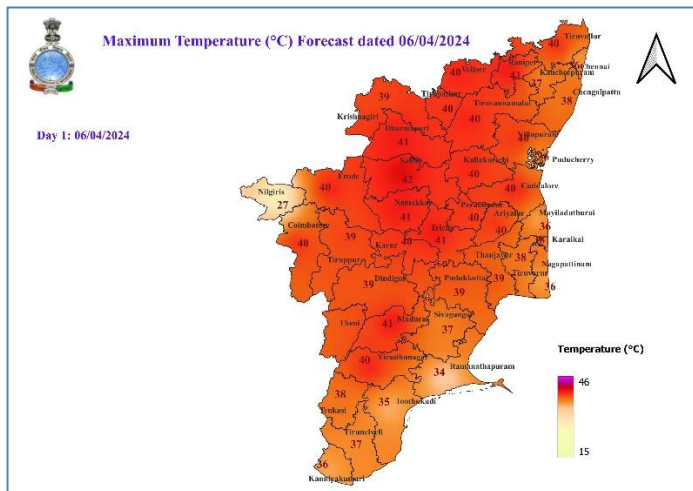
08.04.2024-10.04.2024:

Maximum temperatures over Tamilnadu is likely to be generally 2-3°C above normal.

Relative Humidity (06.04.2024-10.04.2024: Humidity is likely to be about 30-50% in the afternoon hours and 40-70% 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 (06.04.2024 to 10.04.2024)	<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:</p> <p>Heat wave conditions is likely at isolated pockets over the north interior districts of Tamilnadu during the next two days (06.04.2024 & 07.04.2024)</p>
Action suggested to the public	<p>As given below</p>





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.