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## GOVERNMENT OF INDIA

INDIA METEOROLOGICAL DEPARTMENT  
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Dated: April 08, 2024

Time of issue: 12:00Hrs IST

### 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 (08.04.2024) were generally **above normal by 3-4.6°C** over many pockets in the plains of interior Tamilnadu. They were **appreciably above normal** at isolated pockets over north interior Tamilnadu (Erode & Dharmapuri districts).

**Heat wave conditions prevailed over Erode & Dharmapuri districts.**

Ten stations in interior Tamilnadu recorded 40°C-42°C.

**Highest maximum temperature** was recorded at **Erode:42.0°C (+4.6°C)** followed by **Tirupattur:41.6°C (+4.4°C)**, **Salem:41.6°C (+4.0°C)**, **Vellore: 41.3°C (+3.4°C)**, **Namakkal: 41.0°C**, **Dharmapuri: 40.7°C (+4.5°C)**, **Thiruchirapalli: 40.7°C (+3.3°C)**, **Tiruttani:40.4°C (+3.8°C)**, **Karur Paramathi: 40.0°C (+3.5°C)** & **Thanjavur: 40.0°C**.

**Madurai airport), Chennai (MBK) & Coimbatore recorded 39°C to 40°C.**

The **coastal areas** of Tamilnadu recorded **34°C to 37°C**(2-3°C above normal), **Puducherry: 35.6°C**, **Karaikal: 34.6°C** and the **hilly areas**, **23°C to 30°C** (appreciably to markedly above normal maximum temperatures at a few pockets).

**Chennai(MBK)** recorded appreciably above normal maximum temperature of **39.0°C (+3.9°C)** and **NBK** recorded above normal temperature of **37.0°C (+2.7°C)**.

#### Temperature & Humidity Forecast and warning for next five days:

##### Forecast

##### Day-1-Day-5

(08.04.2024 to 12.04.2024)

##### Maximum Temperature:

No large change in maximum temperature is likely over Tamilnadu, Puducherry & Karaikal during the next 24 hours and a gradual fall by 2-3°C is likely at a few places during the subsequent four days.

##### 08.04.2024:

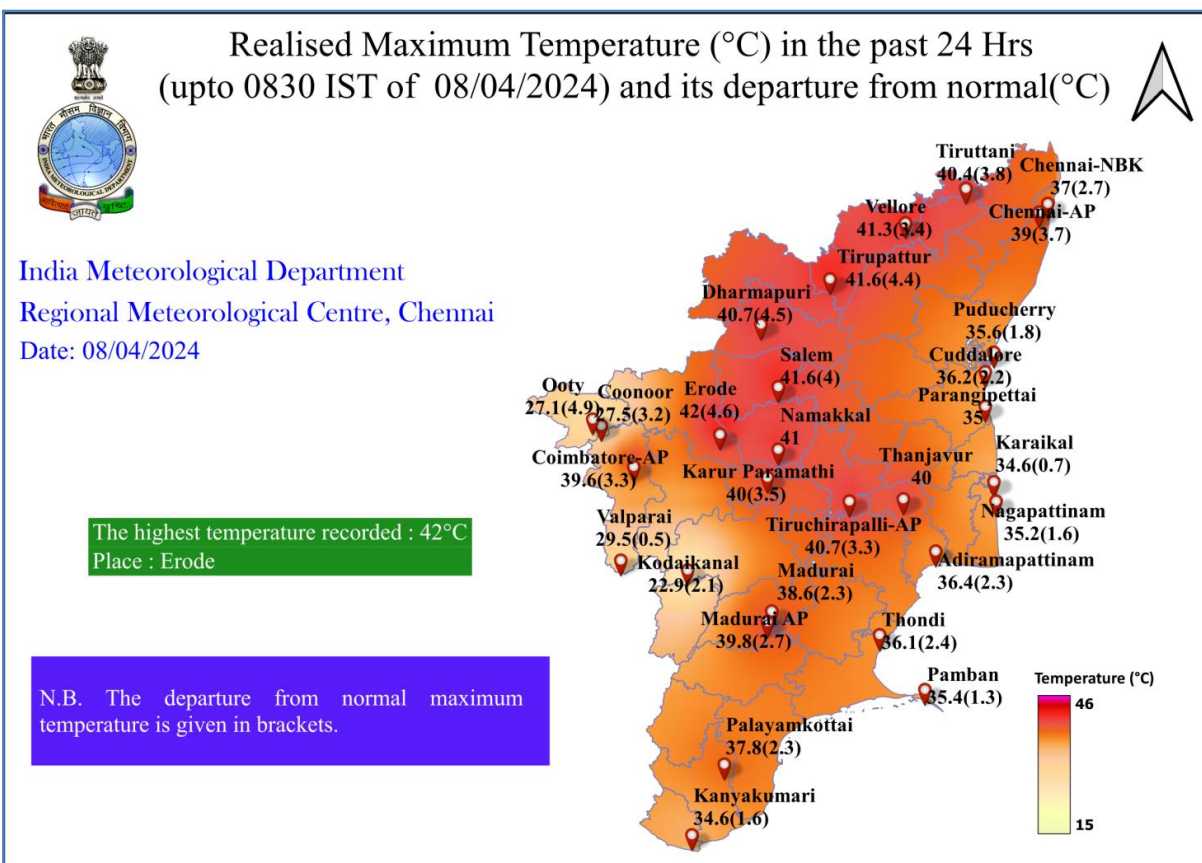
Maximum temperature is likely to be 3-5°C above normal at many pockets over the plains of north interior Tamilnadu and 2-4°C above normal at a few pockets over the rest of Tamilnadu, Puducherry & Karaikal.

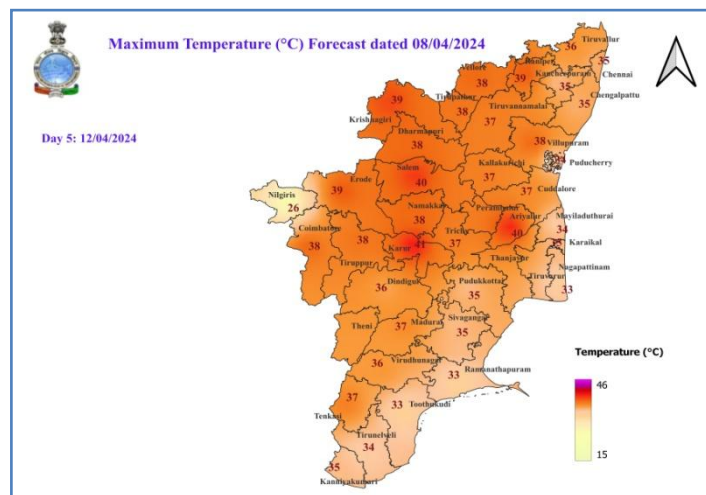
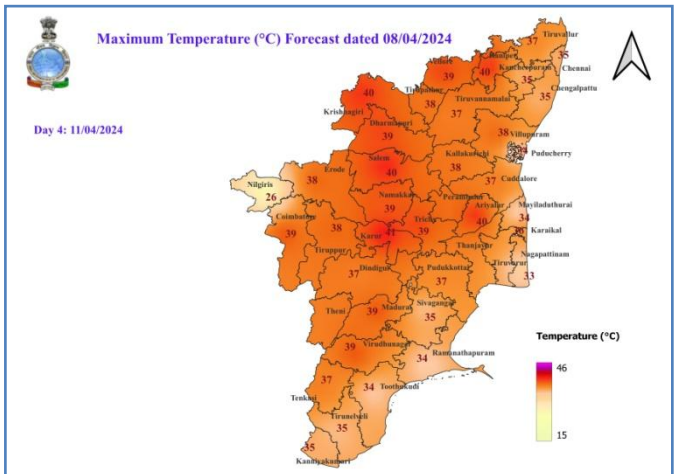
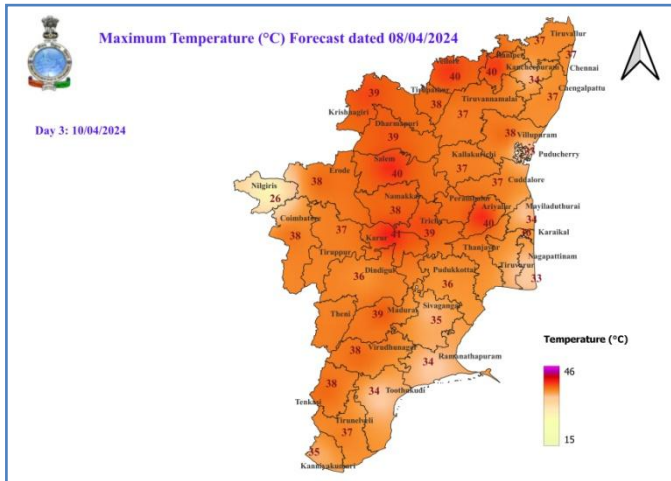
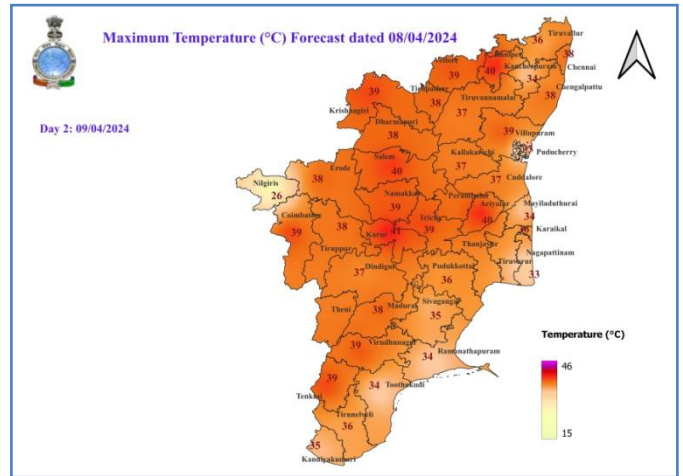
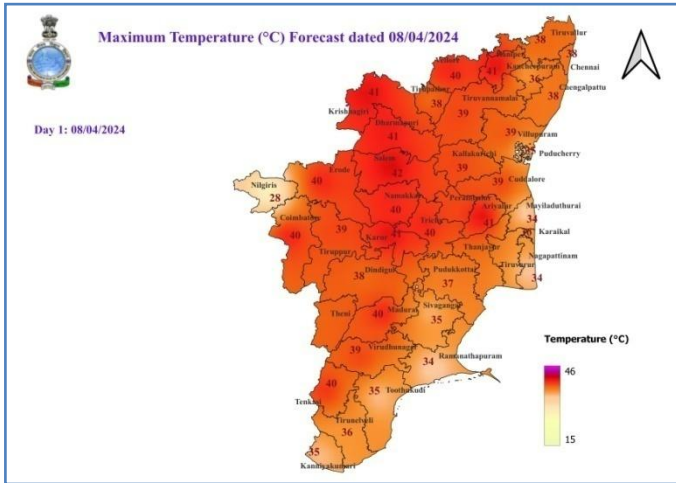
It is likely to be 40°C to 41°C at a few pockets over the north interior districts; 38°C to 40°C at many pockets in the plains of the interior areas and 34°C to 38°C in the coastal areas of Tamilnadu, Puducherry & Karaikal.

##### 09.04.2024-12.04.2024:

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

	<b>Relative Humidity (08.04.2024-12.04.2024:</b> 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.
<b>Warning (08.04.2024 to 12.04.2024)</b>	Due to high temperatures and humid conditions, hot and discomfort weather is likely at isolated pockets over Tamilnadu during the next five days. <b>Heat Wave Warning:</b> <b>Heat wave conditions is likely at isolated pockets over the north interior districts of Tamilnadu during the next 24 hours (08.04.2024)</b>
<b>Action suggested to the public</b>	As given below





## **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.