

	<p>இந்தியஅரசு இந்தியவானிலைஆய்வுதுறை மண்டலவானிலைஆய்வுமையம் 6, கல்லூரிசாலை, சென்னை-600006 - தொலைபேசி: 044- 28271951.</p>		<p>GOVERNMENT OF INDIA INDIA METEOROLOGICAL DEPARTMENT Regional Meteorological Centre No. 6, College Road, Chennai-600006 Phone: 044- 28271951.</p>
---	---	---	---

Dated: April 22, 2024	Time of issue: 13:00 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 (22.04.2024), the maximum temperatures over Tamilnadu rose slightly and were generally **above normal to appreciably above normal** by 3-4°C over isolated pockets in the plains of interior Tamilnadu. They were **normal to above normal** (1-3°C above normal) over the coastal areas of Tamilnadu and near **normal** over Puducherry & Karaikal areas.

Highest maximum temperature was recorded at **Erode: 42.2°C (+4.7°C)** followed by **Karur Paramathi: 41.5°C (+4.0°C)**, **Salem: 41.0°C (+3.1°C)**, **Vellore: 40.8°C (+1.9°C)**, **Trichy: 40.6°C (+2.5°C)**, **Madurai AP: 40.2 °C (+2.4°C)** **Tirupathur: 40.2°C (+2.5°C)** & **Tiruthani: 40.0°C (+1.6°C)**.

Plains of **the rest of interior** Tamilnadu recorded **35-39°C**.

The **coastal areas** of Tamilnadu, Puducherry & Karaikal recorded **35°C to 39°C** and the **hilly areas**, 24°C to 30°C (generally, above normal maximum temperatures).

Chennai recorded normal to above normal maximum temperatures (**MBK:37.8°C, +1.5°C and NBK:35.4°C, +0.3°C**).

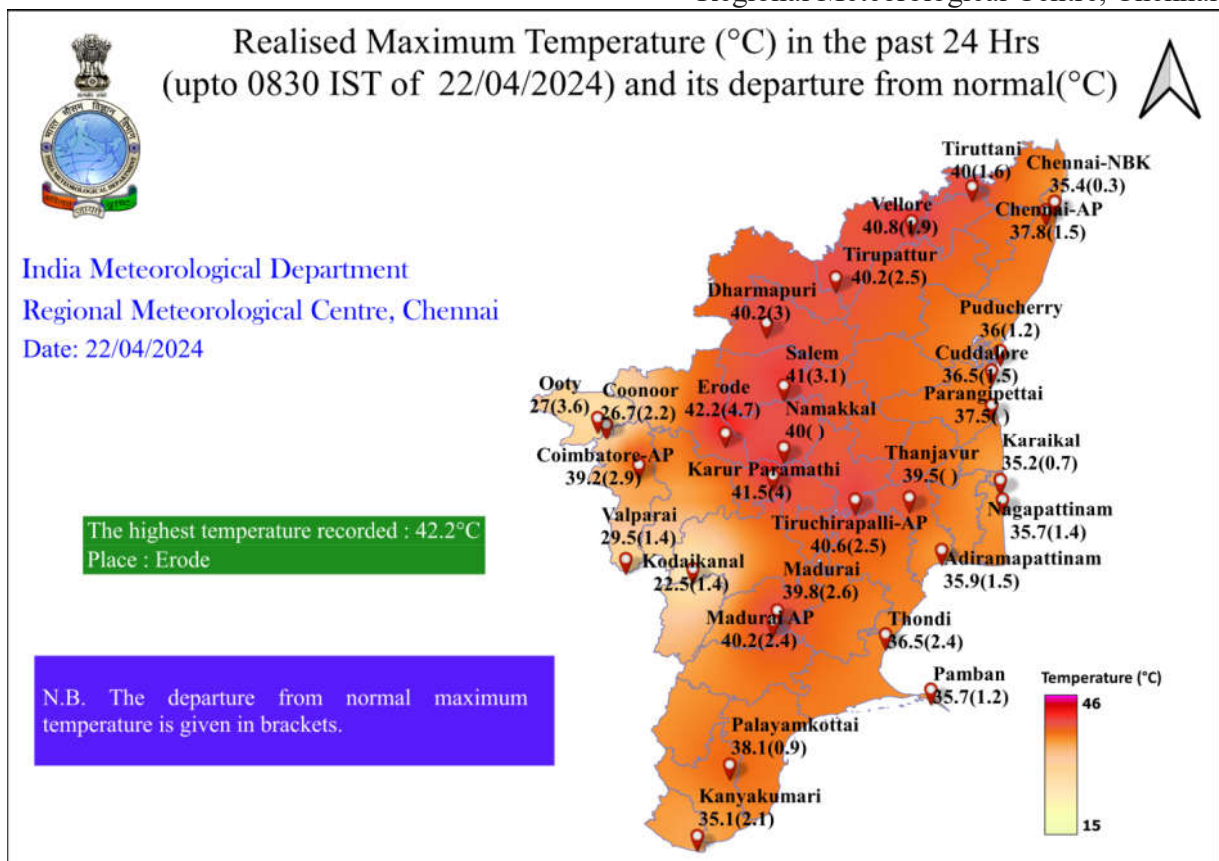
Temperature & Humidity Forecast and warning for next five days:

<p><u>Forecast</u> <u>Day-1 to Day-5</u> <u>(22.04.2024 to</u> <u>26.04.2024)</u></p>	<p><u>Maximum Temperature:</u></p> <p>Maximum temperature is likely to be 2-3°C above normal at a few pockets over interior Tamilnadu during the next five days.</p> <p>No large change in maximum temperature is likely over the rest Tamilnadu districts, Puducherry and Karaikal area for next five days</p> <p>It is likely to be 39-41°C at a few pockets over the plains of the north interior districts, 34-38°C over the plains of rest of Tamilnadu, Puducherry & Karaikal area.</p>
---	--

	<p><u>Relative Humidity (22.04.2024 & 26.04.2024):</u> 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 50-85% over the coastal areas during the next five days.</p>
<p><u>Warning Day-1 to Day-5 (22.04.2024-26.04.2024)</u></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 24 hours (22.04.2024).</p>
<p>Action suggested to the public</p>	<p>As given in the attachment</p>

P.SENTHAMARAI KANNAN
SCIENTIST-F

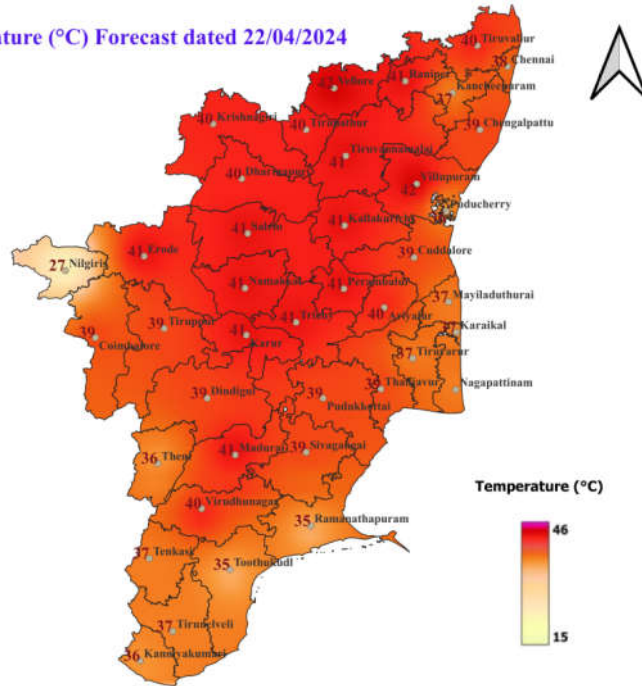
for the Deputy Director General of Meteorology
Regional Meteorological Centre, Chennai





Maximum Temperature (°C) Forecast dated 22/04/2024

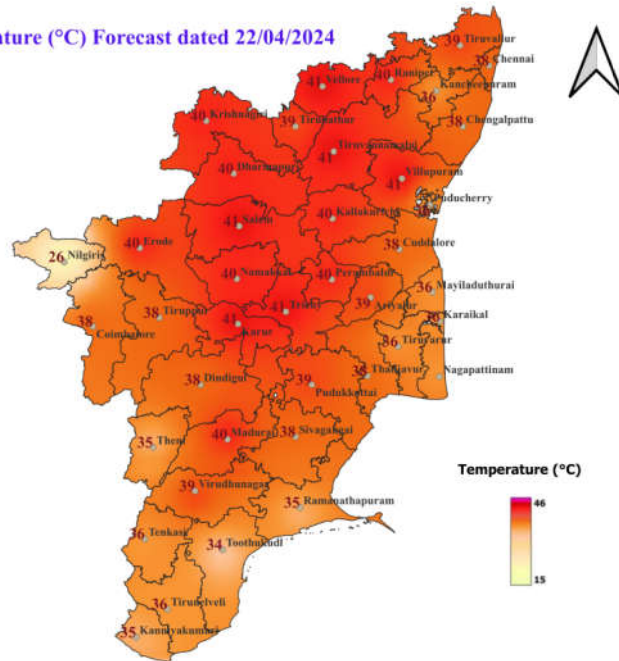
Day 1: 22/04/2024





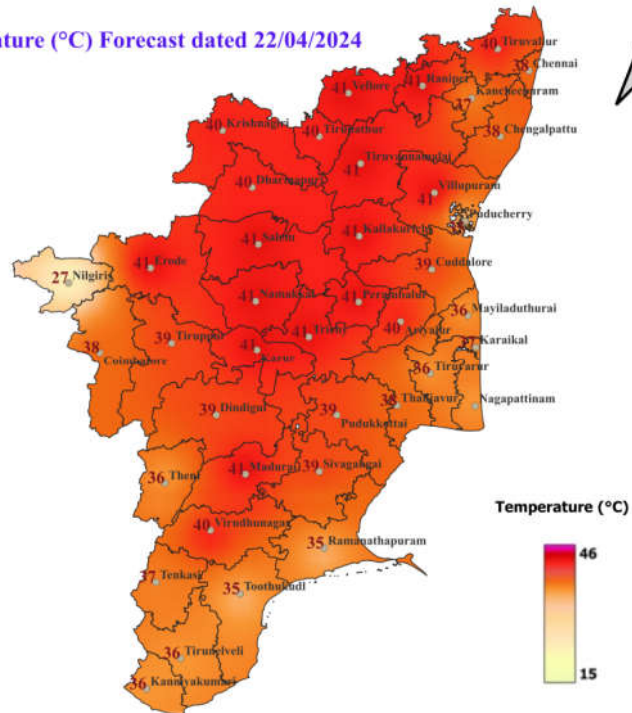
Maximum Temperature (°C) Forecast dated 22/04/2024

Day 2: 23/04/2024



Maximum Temperature (°C) Forecast dated 22/04/2024

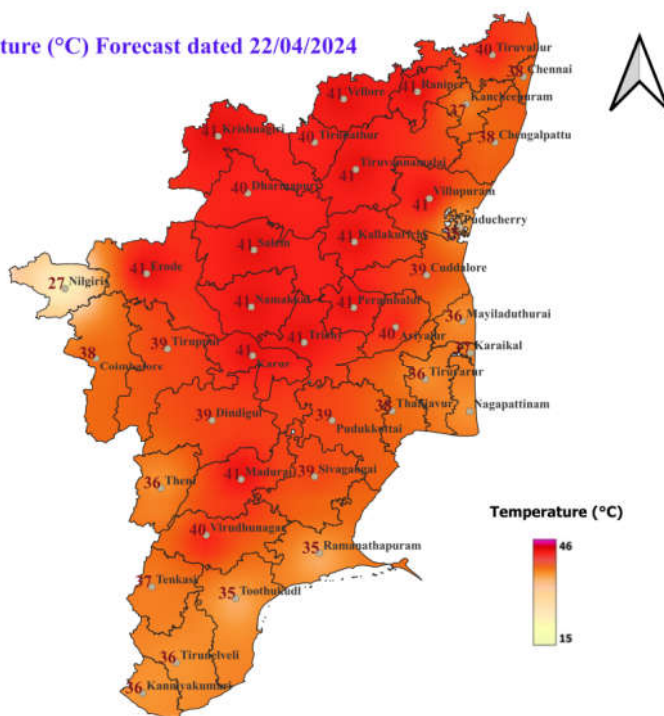
Day 3: 24/04/2024





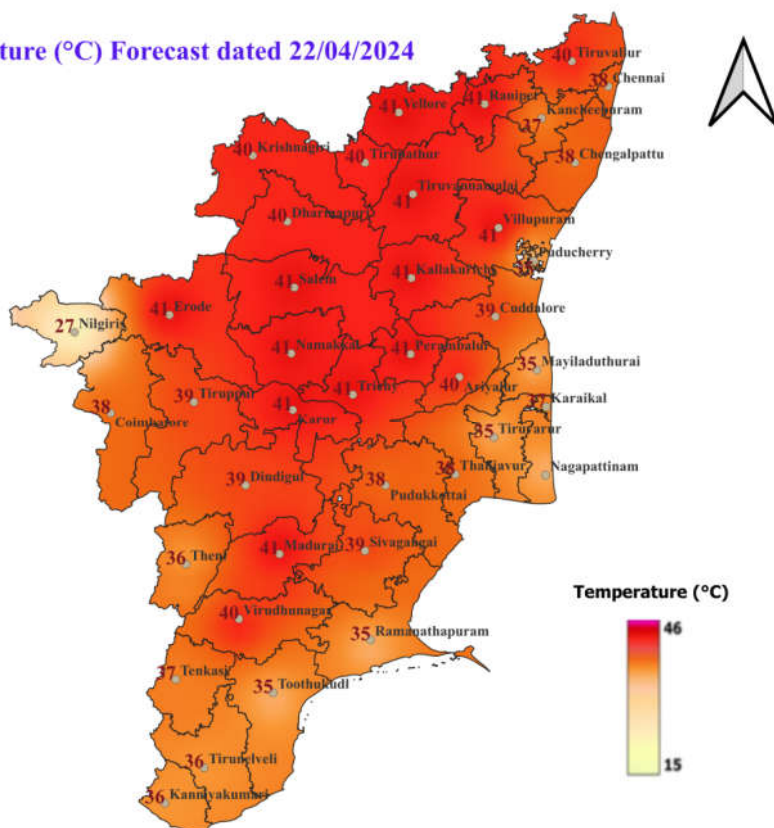
Maximum Temperature (°C) Forecast dated 22/04/2024

Day 4: 25/04/2024



Maximum Temperature (°C) Forecast dated 22/04/2024

Day 5: 26/04/2024



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.