

இந்திய அரசு  
இந்திய வானிலை ஆய்வு துறை  
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**GOVERNMENT OF INDIA**  
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Time of issue: 12:00 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 (13.04.2024), the maximum temperatures over Tamilnadu were **above normal by 2-3°C** over a few pockets over north Tamilnadu and Karaikal area. They were near normal over south Tamilnadu.

**Highest maximum temperature** was recorded over **Erode: 40.0°C (+2.4°C)** followed by **Tirupattur: 39.8°C (+2.7°C)**

The **north coastal areas** and **south Tamilnadu** recorded **31°C to 36°C** and the **hilly areas**, **20°C to 30°C**.

**Chennai** recorded normal maximum temperature (MBK:35.6°C and NBK:34.7°C).

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

**Forecast**

**Day-1-Day-5**

**(13.04.2024 to 17.04.2024)**

**Maximum Temperature:**

Gradual rise in maximum temperatures by 2-3°C during the next five days.

**13.04.2024-14.04.2024.**

Maximum temperature is likely to be 2-3°C above normal at a few pockets over north Tamilnadu during the next two days.

It is likely to be 37°C to 40°C at many pockets over the plains of the north interior districts; and 34°C to 38°C in most pockets over north coastal & south Tamilnadu, Puducherry & Karaikal during the next 2 days.

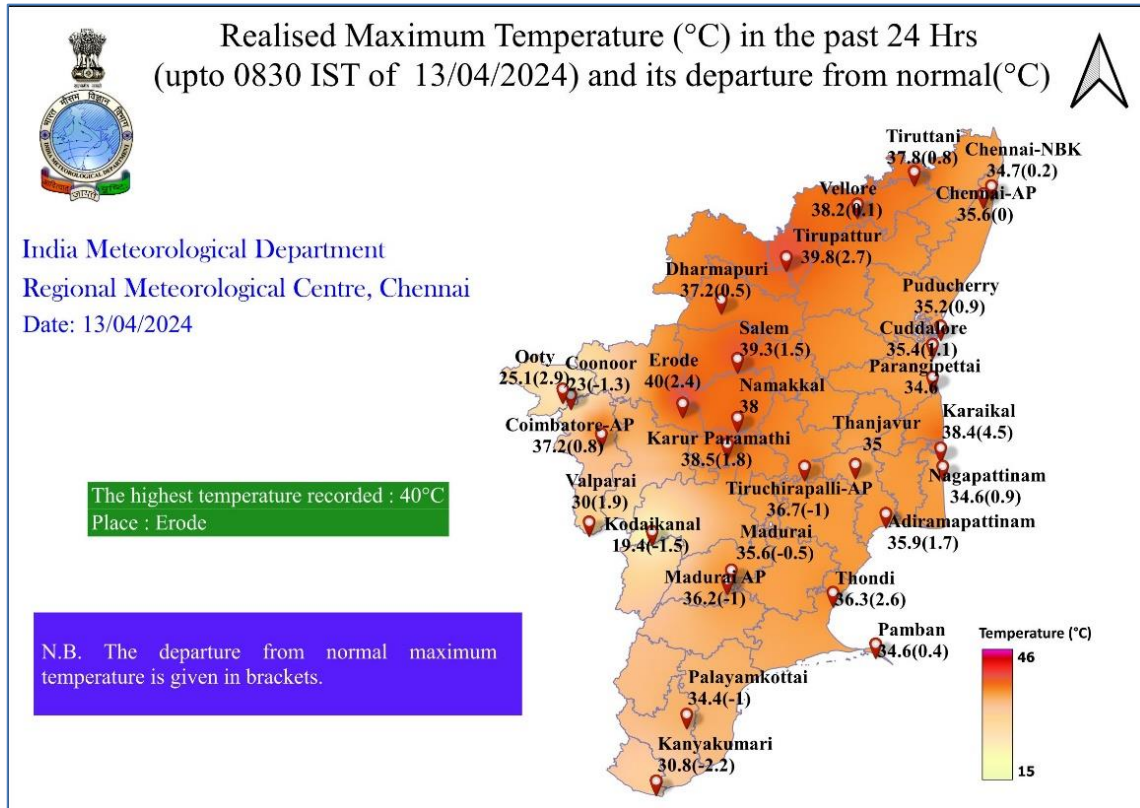
**15.04.2024 – 17.04.2024**

Maximum temperature is likely to be 2-4°C above normal at a few pockets over interior Tamilnadu during 15.04.2024 – 17.04.2024.

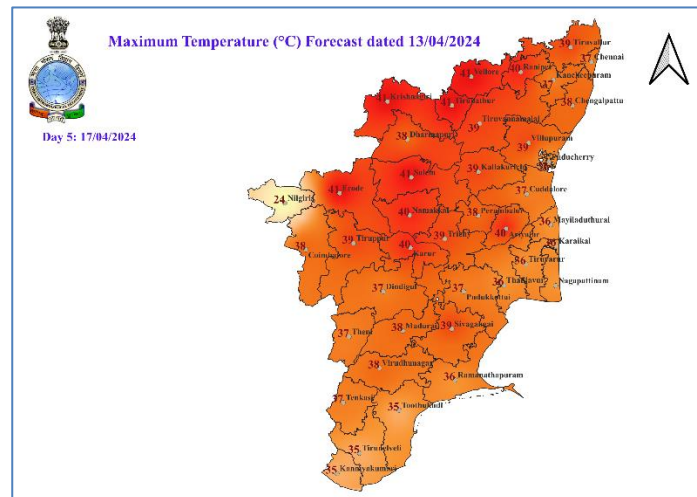
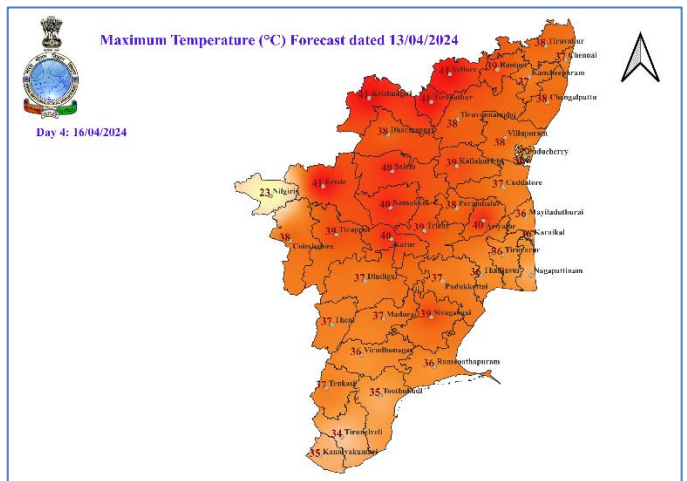
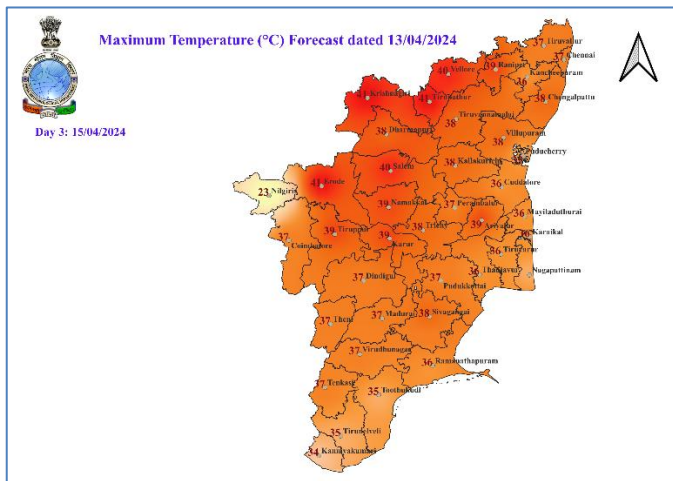
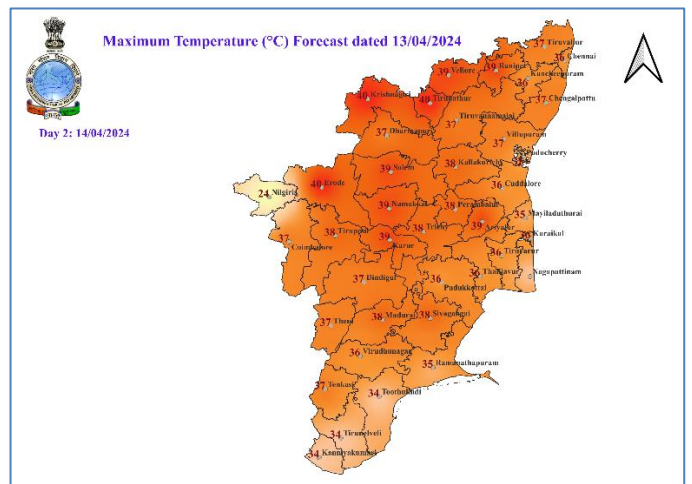
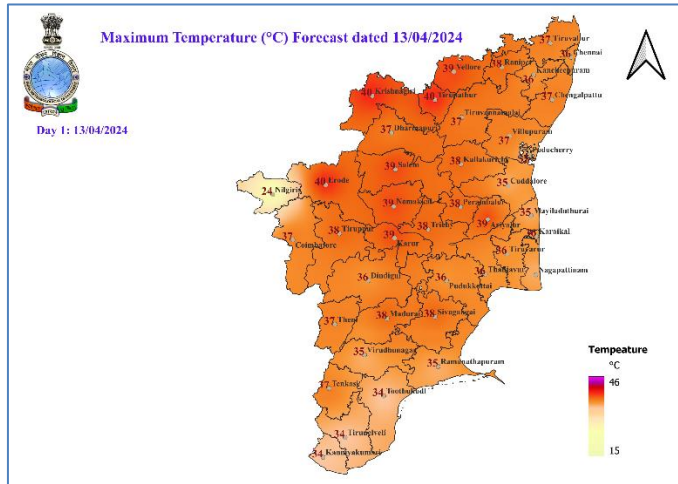
It is likely to be 38-41°C at many pockets over the plains of the interior districts during 15.04.2024 – 17.04.2024.

**Relative Humidity (13.04.2024-17.04.2024):** 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.

<b><u>Warning (13.04.2024-17.04.2024)</u></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>Action suggested to the public</b>	As given below



## Maximum temperature forecast for the next five days



## **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.