

இந்தியஅரசு  
இந்தியவானிலைஆய்வுதறை  
மண்டலவானிலைஆய்வுமையம்  
6, கல்லூரிசாலை, சென்னை600006  
தொலைபேசி: 044- 28271951



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

Dated: April 11, 2024

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 (11.04.2024), the maximum temperatures over Tamilnadu were generally **above normal to appreciably above normal by 2-4°C** over a few pockets in the plains of the north interior and south 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.

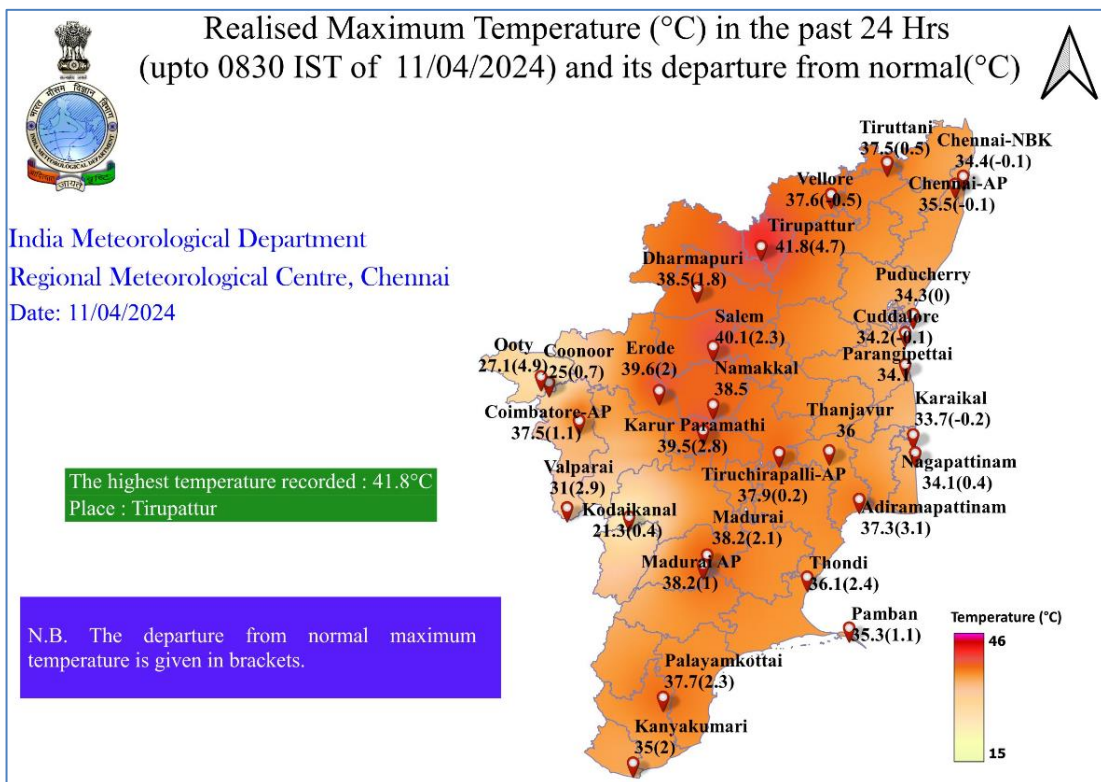
**Highest maximum temperature** was recorded at **Tirupattur: 41.8°C (+4.7°C)** followed by **Salem:40.1°C (+2.3°C)**. Plains of the rest of interior Tamilnadu recorded 37-40°C.

The **coastal areas** of Tamilnadu recorded 33°C to 37°C and the **hilly areas**, 21°C to 31°C (appreciably above normal maximum temperatures at isolated pockets).

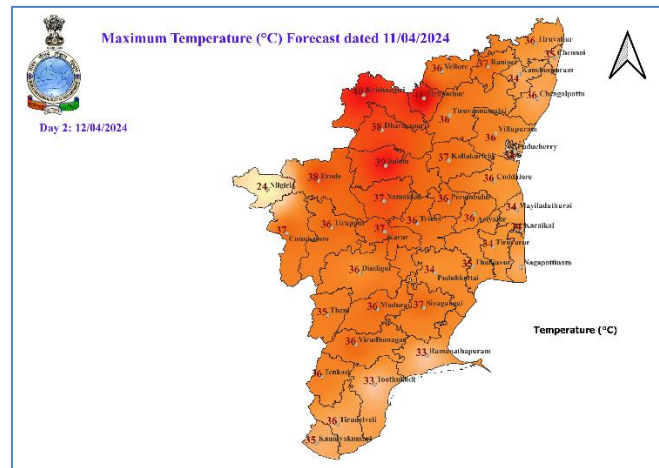
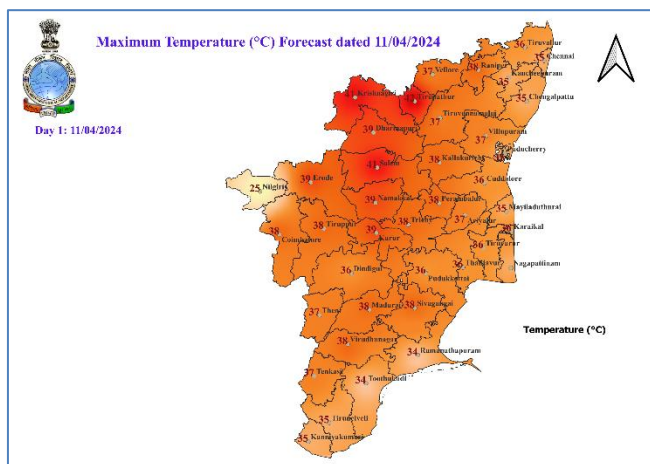
**Chennai** recorded normal maximum temperature (MBK:35.5°C and NBK:34.4°C).

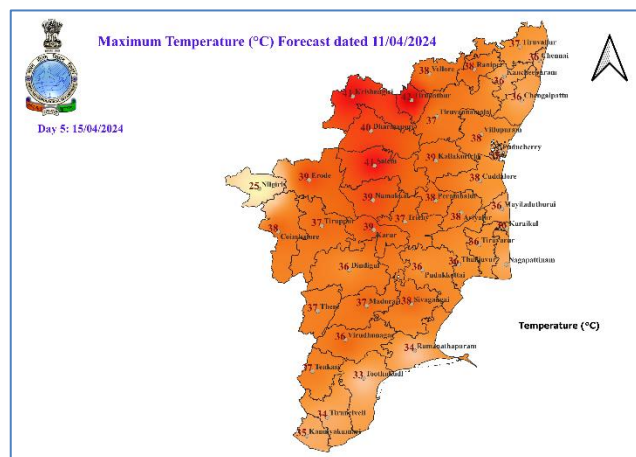
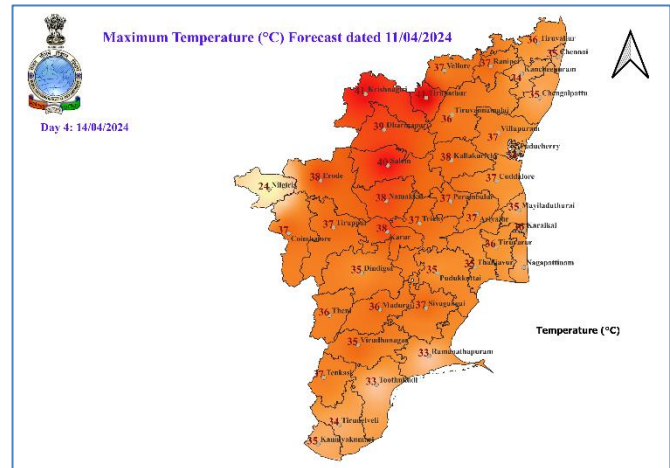
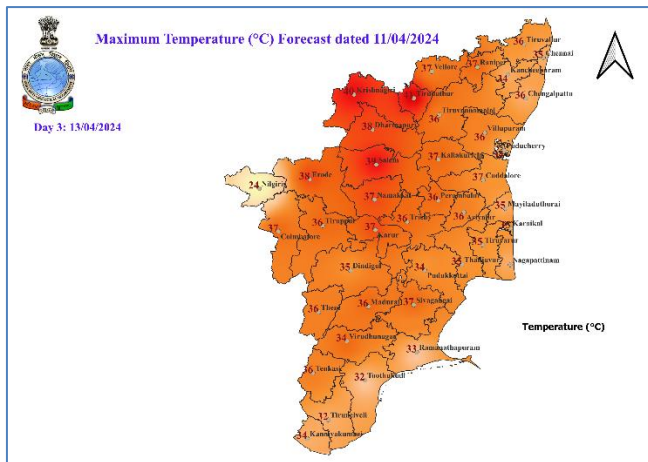
**Temperature & Humidity Forecast and warning for next five days:**

<b><u>Forecast</u></b> <b><u>Day-1-Day-5</u></b> <b><u>(11.04.2024 to 15.04.2024)</u></b>	<b><u>Maximum Temperature:</u></b> No large change in the maximum temperatures during the next five days. <b><u>11.04.2024:</u></b> Maximum temperature is likely to be 2-3°C above normal at a few pockets over north Tamilnadu and near normal over Puducherry & Karaikal. It is likely to be 37°C to 40°C at many pockets over the plains of the interior districts; and 33°C to 37°C over most pockets in the coastal areas of Tamilnadu, Puducherry & Karaikal. <b><u>Relative Humidity (11.04.2024) :</u></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 three days.
<b><u>Warning (11.04.2024)</u></b>	Due to high temperatures and humid conditions, hot and discomfort weather is likely at isolated pockets over Tamilnadu during the next 24 hours.
<b><u>Action suggested to the public</u></b>	As given below



### Maximum Temperatures forecast for next 5 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.