

	<p style="text-align: center;">இந்திய அரசு இந்திய வானிலை ஆய்வு துறை மண்டல வானிலை ஆய்வு மையம் 6, கல்லூரி சாலை, சென்னை - 600006 தொலைபேசி: 044- 28271951.</p>		<p style="text-align: center;">GOVERNMENT OF INDIA INDIA METEOROLOGICAL DEPARTMENT Regional Meteorological Centre No. 6, College Road, Chennai-600006 Phone: 044- 28271951.</p>
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Dated: April 18, 2024	Time of issue: 13:00 hrs IST
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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 (**18.04.2024**), 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 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 **Karur Paramathi: 41.5°C (+4.2°C)** followed by **Erode: 41.4°C (+3.6°C)**, **Tiruchi: 40.6°C (+2.6°C)**, **Vellore: 40.5°C (+2.0°C)**, and **Dharmapuri: 40.0°C (+3.1°C)**.

Plains of **the rest of interior** Tamilnadu recorded **38-40°C**.

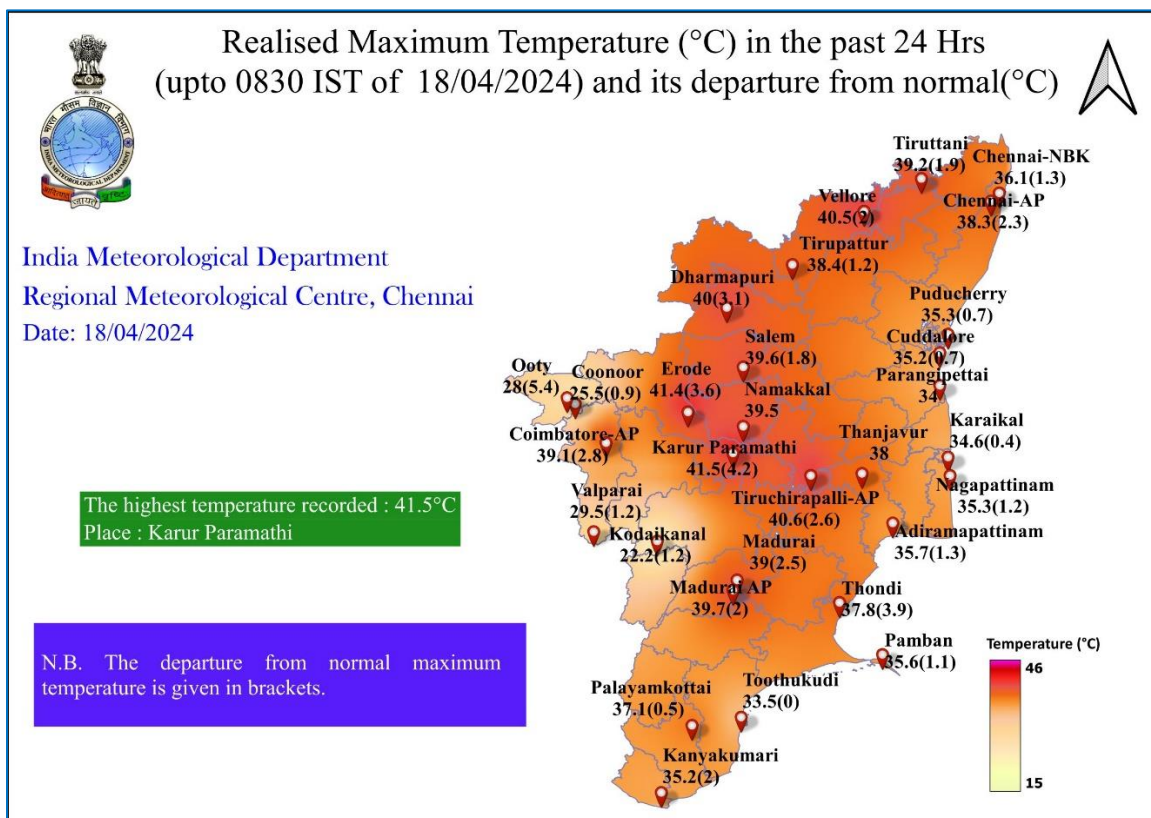
The **coastal areas** of Tamilnadu, Puducherry & Karaikal recorded **34°C to 38°C** and the **hilly areas**, 22°C to 30°C (normal to above normal maximum temperatures).

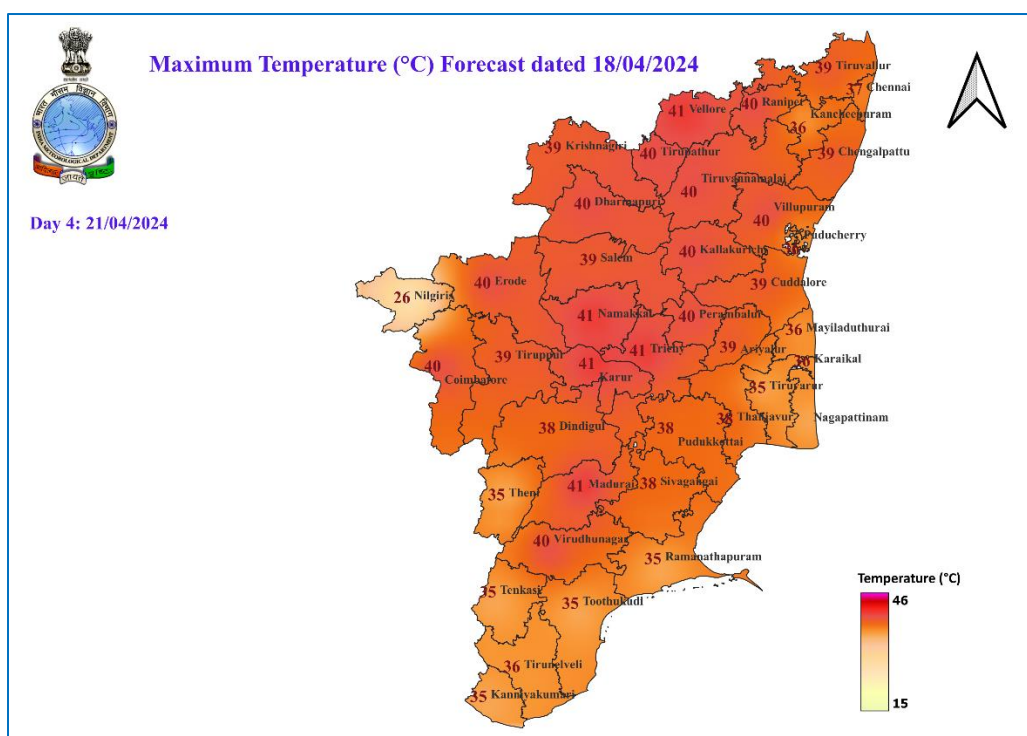
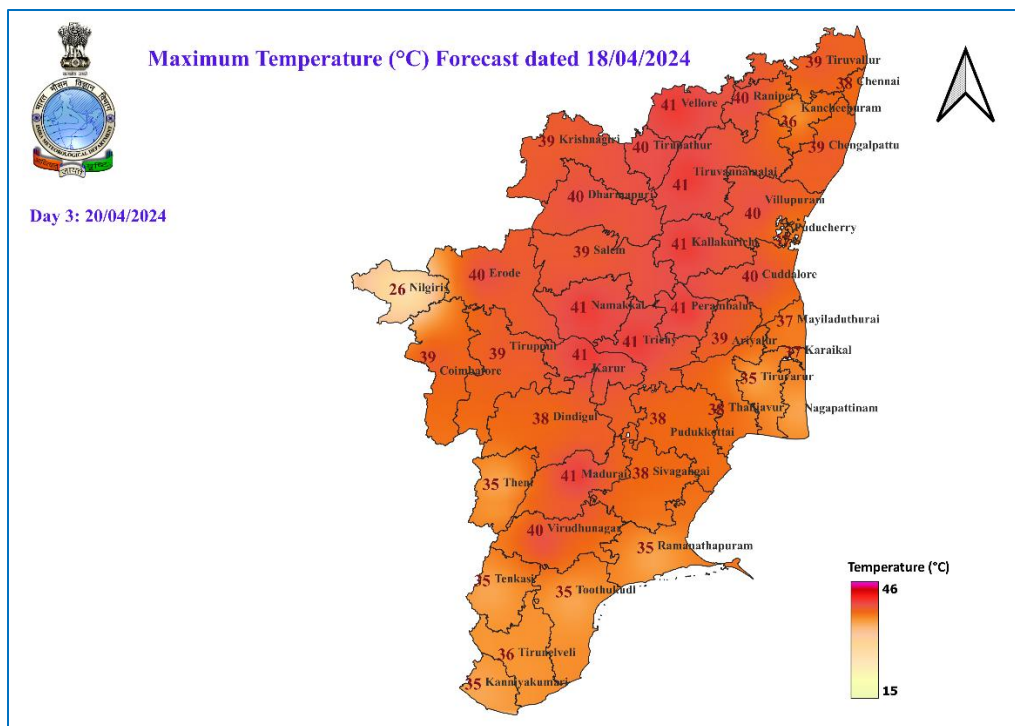
Chennai recorded normal – above normal maximum temperature (**MBK:38.3°C, +2.3°C** and **NBK:36.1°C, +1.3°C**).

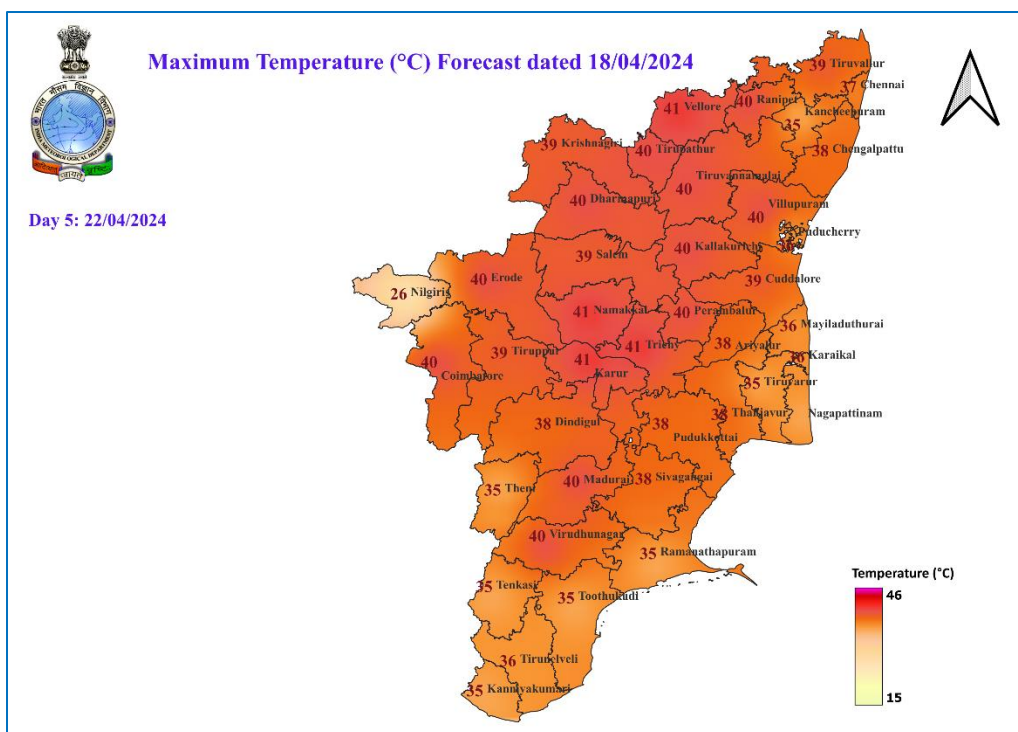
Temperature & Humidity Forecast and warning for next five days:

<p><u>Forecast</u> <u>Day-1 to Day-5</u> <u>(18.04.2024 to</u> <u>22.04.2024)</u></p>	<p><u>Maximum Temperature:</u> Gradual rise in maximum temperatures up to 2°C over a few pockets during the next two days and gradual fall by 2-3°C during the subsequent three days. <u>18.04.2024 & 19.04.2024:</u> Maximum temperature is likely to be 3-5°C above normal at a few pockets over north interior Tamilnadu during the next two days (18.04.2024 & 19.04.2024). It is likely to be 39-42°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 during 18.04.2024 & 19.04.2024.</p>
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	<p>20.04.2024- 22.04.2024: Maximum temperature is likely to fall gradually by 2-3°C at a few pockets over interior Tamilnadu during 20.04.2024 & 21.04.2024.</p> <p>Relative Humidity (18.04.2024 & 22.04.2024): 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>Warning Day-1 to Day-5 (18.04.2024-22.04.2024)</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 two days (18.04.2024 & 19.04.2024).</p>
<p>Action suggested to the public</p>	<p>As given in the attachment</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.