



Bulletin No: 24
COLOR: Amber

WW/H/19/04/15/24

Heat index Advisory for next three days

Issued by the Natural Hazards Early Warning Centre
At 03.30 p.m. 15th April 2019 valid for 16th – 18th April 2019

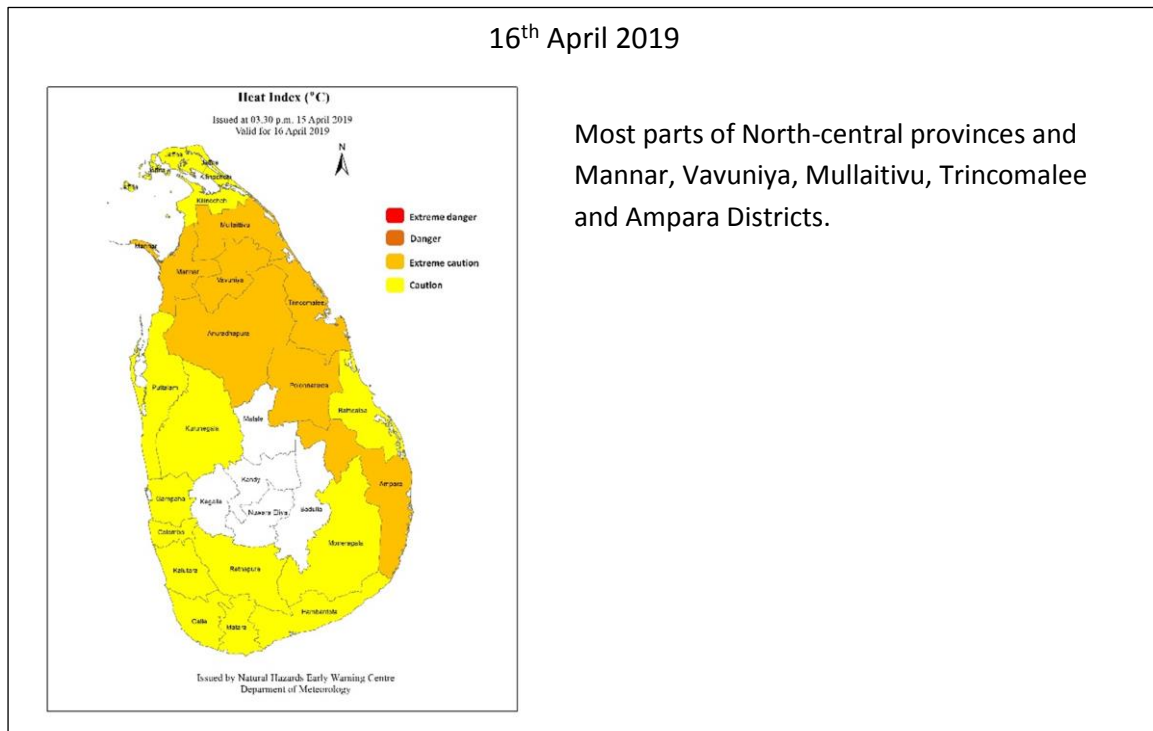
Maximum temperatures reported on 14th April 2019.

Met station	Maximum Temperature (°C)	Met station	Maximum Temperature (°C)	Met station	Maximum Temperature (°C)
Anuradhapura	36.2	Monaragala	35.4	Pothuvil	34.7
Badulla	33.2	Katugasthota	34.1	Puttalam	33.9
Bandarawela	26.9	Katunayake	34.1	Rathmalana	34.0
Barricaloa	32.9	Kurunagala	36.0	Rathnapura	35.0
Colombo	33.6	Maha Illuppallama	36.6	Trincomalee	34.0
Galle	32.3	Mannar	34.4	Vavuniya	37.9
Hambanthota	33.6	Polonnaruwa	36.7	Mattla	34.8
Jaffna	36.3	Nuwara Eliya	22.9		

Heat index forecast for next three days:

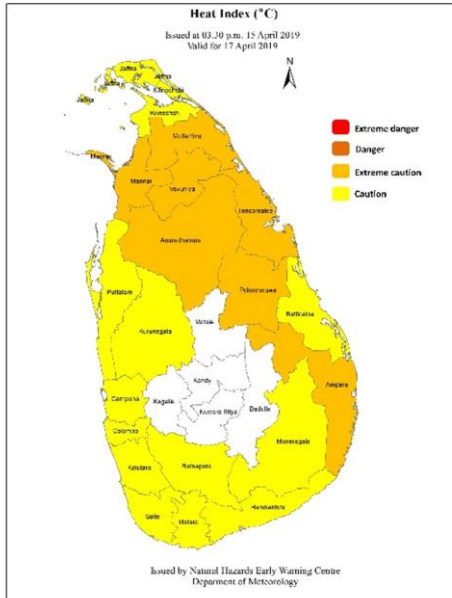
PLEASE BE AWARE

Heat index, the temperature felt on human body is expected to increase up to 'Extreme Caution' level in following areas during next three days.



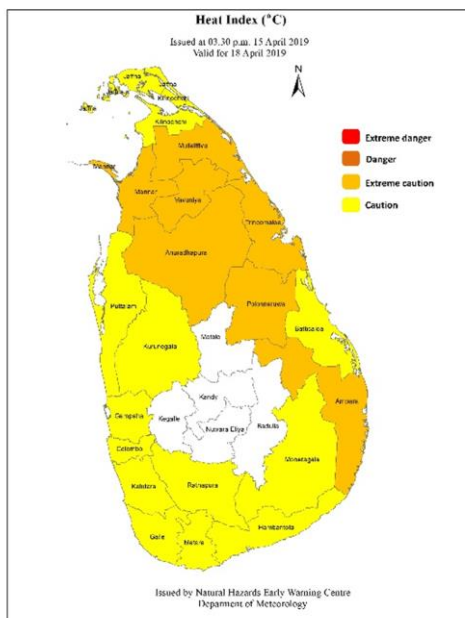


17th April 2019



Most parts of North-central provinces and Mannar, Vavuniya, Mullaitivu, Trincomalee and Ampara Districts.

18th April 2019



Most parts of North-central provinces and Mannar, Vavuniya, Mullaitivu, Trincomalee and Ampara Districts.



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வளிமண்டலவியல் திணைக்களம்

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Heat Index (°C)	Level of warning	
27–32	Caution	Fatigue is possible with prolonged exposure and activity. Continuing activity could result in heat cramps.
32–41	Extreme caution	Heat cramps and heat exhaustion are possible. Continuing activity could result in heat stroke.
41–54	Danger	Heat cramps and heat exhaustion are likely; heat stroke is probable with continued activity.
over 54	Extreme danger	Heat stroke is imminent.

The Heat Index Forecast is calculated by using relative humidity and maximum temperature and this is the condition that is felt on your body. **This is not the forecast of maximum temperature.** It is generated by the Department of Meteorology for the next day period and prepared by using global numerical weather prediction model data.

Effect of the heat index on human body is mentioned in the above table and it is prepared on the advice of the Ministry of Health, Nutrition and Indigenous Medicine.

ACTION REQUIRED

Job sites: Stay hydrated and takes breaks in the shade as often as possible.

Indoors: Check up on the elderly and the sick.

Vehicles: Never leave children unattended.

Outdoors: Limit strenuous outdoor activities, find shade and stay hydrated.

Dress: Wear lightweight and white or light colored clothing.

Note:

In addition, please refer to advisories issued by the Disaster Preparedness & Response Division, Ministry of Health in this regard as well. For further clarifications please contact 011-7446491.