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Bulletin No: 09  
COLOR: Amber

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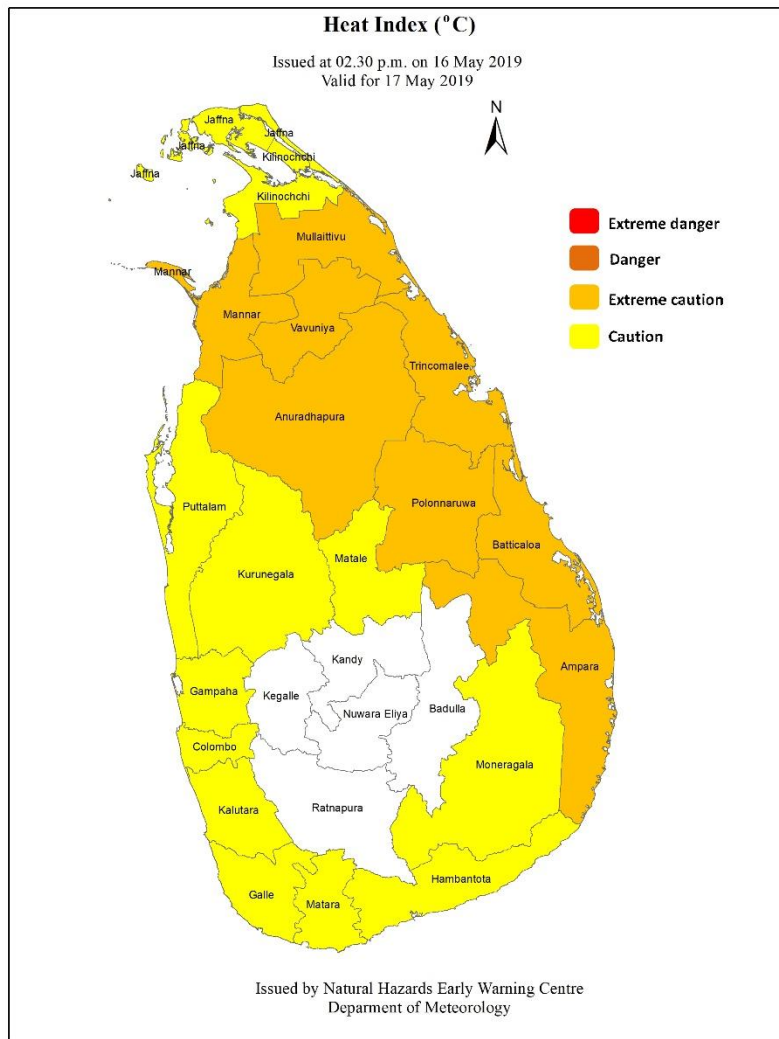
## Heat index Advisory

Issued by the Natural Hazards Early Warning Centre  
At 02.30 p.m. 16<sup>th</sup> May 2019 valid for 17<sup>th</sup> May 2019

### For North-central and Eastern Provinces and in Mannar, Vavuniya, Mullaitivu Districts

#### PLEASE BE AWARE

Heat index, the temperature felt on human body is expected to increase up to 'Extreme Caution' level at some places in North-central and Eastern Provinces and in Mannar, Vavuniya and Mullaitivu Districts.





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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.*