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வளிமண்டலவியல் திணைக்களம்  
Department of Meteorology

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Bulletin No:30

WWL/HI/24/03/30/01

COLOR: Amber

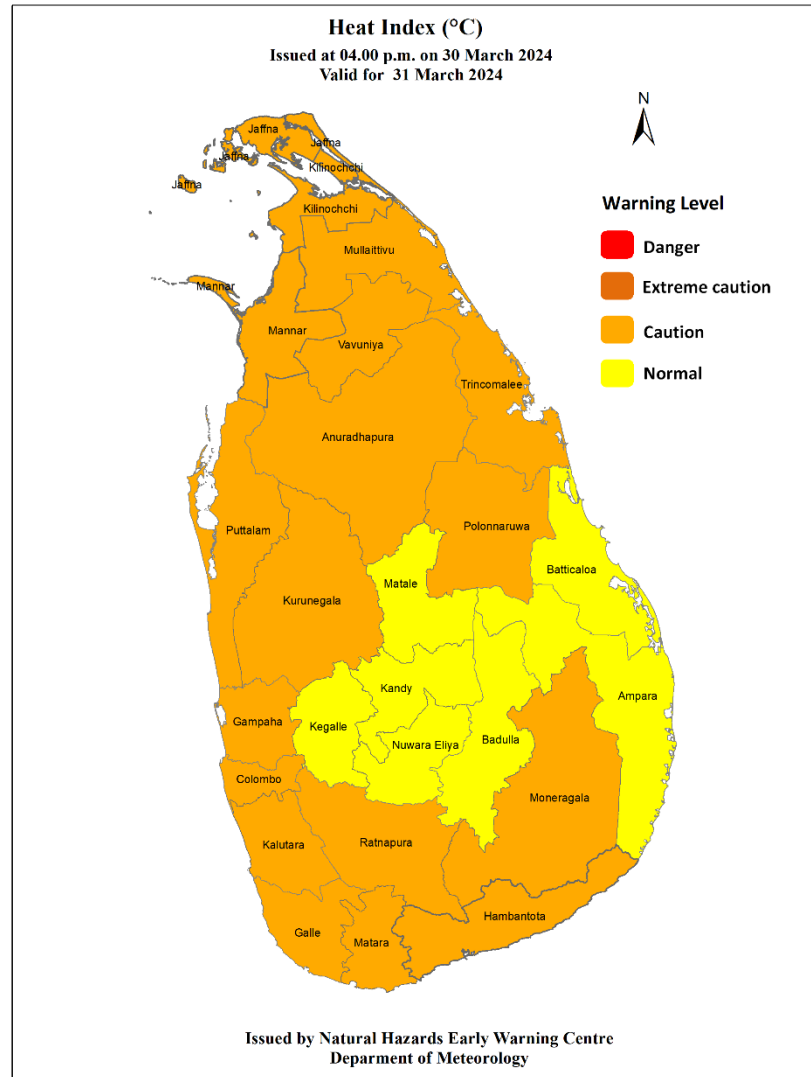
## Heat index Advisory

Issued by the Natural Hazards Early Warning Centre  
At 4.00 p.m. 30 March 2024, valid for 31 March 2024

**For Western, North-western, North-Central, Northern and Southern provinces and  
Ratnapura, Monaragala and Trincomalee districts**

**PLEASE BE AWARE**

Heat index, the temperature felt on human body is expected to increase up to **'Caution level'** at some places in Western, North-western, North-Central, Northern and Southern provinces and in Ratnapura, Monaragala and Trincomalee districts.





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Heat Index	Level of warning	
27–38	Normal	
39–45	Caution	fatigue is possible with prolonged exposure and activity. Continuing activity could result in heat cramps.
46–52	Extreme Caution	heat cramps and heat exhaustion are possible. Continuing activity could result in heat stroke.
over 52	Danger	heat cramps and heat exhaustion are likely; heat stroke is probable with continued activity.

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 and Indigenous Medical Services.

## 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.*