



කාලගුණ විද්‍යා දෙපාර්තමේන්තුව

வளிமண்டலவியல் திணைக்களம்

Department of Meteorology

TP : 011 2686686

Fax : 011 2691443

E-mail : metnmc@gmail.com

Web : www.meteo.gov.lk

නිවේදන අංකය : 09

WW/H/19/07/06/09

වර්ණය : ඇම්බර්

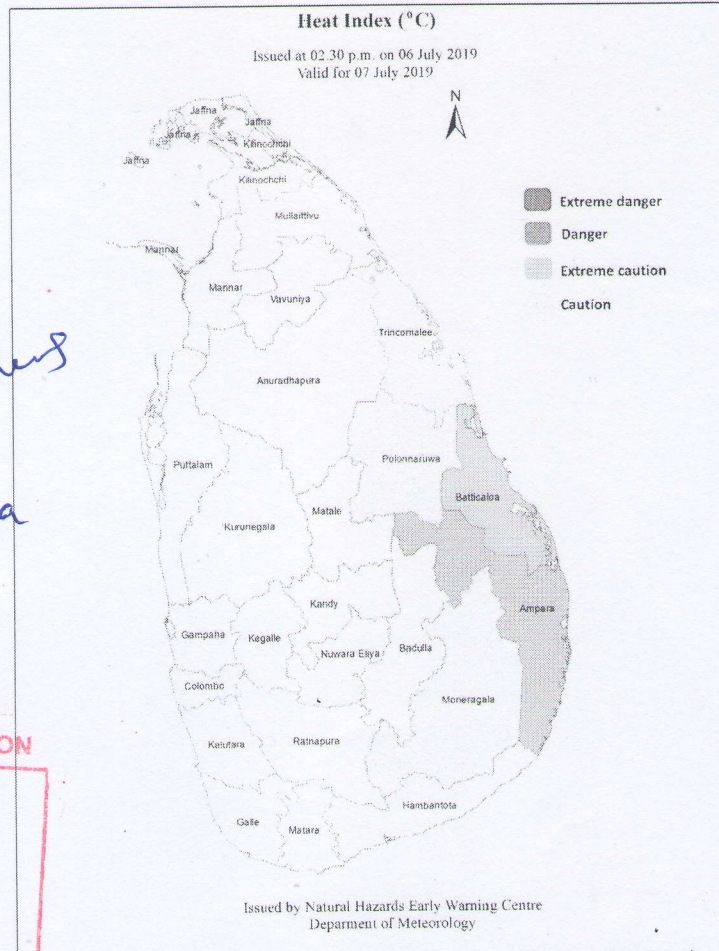
උණුසුම් කාලගුණ තත්ත්වය පිළිබඳ අවවාදාත්මක නිවේදනය

කාලගුණ විද්‍යා දෙපාර්තමේන්තුවේ, ස්වභාවික විපත් පිළිබඳ පූර්ව අනතුරු ඇඟවීමේ මධ්‍යස්ථානය විසින් 2019 ජූලි මස 07 වන දිනට වලංගු වන පරිදි, 2019 ජූලි මස 06 වන දින ප.ව. 02.30 ට නිකුත් කරන ලදී.

මඩකලපුව සහ අම්පාර දිස්ත්‍රික්ක සඳහා

විමසිලිමත් වන්න!

හෙට දින තුළදී මඩකලපුව සහ අම්පාර දිස්ත්‍රික්කවල ඇතැම් ස්ථානවල උණුසුම් දර්ශකය, එනම් මිනිස් සිරුරට දැනෙන උණුසුම 'වැඩි අවධානය' යොමු කළ යුතු මට්ටමක පවතින බැවින් අපේක්ෂා කෙරේ.



Eoc staff
pls inform to relevant stakeholders
06/07/2019

EMERGENCY OPERATIONS DIVISION

RECEIVED

Date : 2019/07/06

Time : 1427 hrs

Q/H

D (Ops)/DO/ADO

DISASTER MANAGEMENT CENTRE



කාලගුණ විද්‍යා දෙපාර්තමේන්තුව
வளிமண்டலவியல் திணைக்களம்
Department of Meteorology

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Bulletin No: 09
COLOR: Amber

WW/H/19/07/06/09

Heat index Advisory

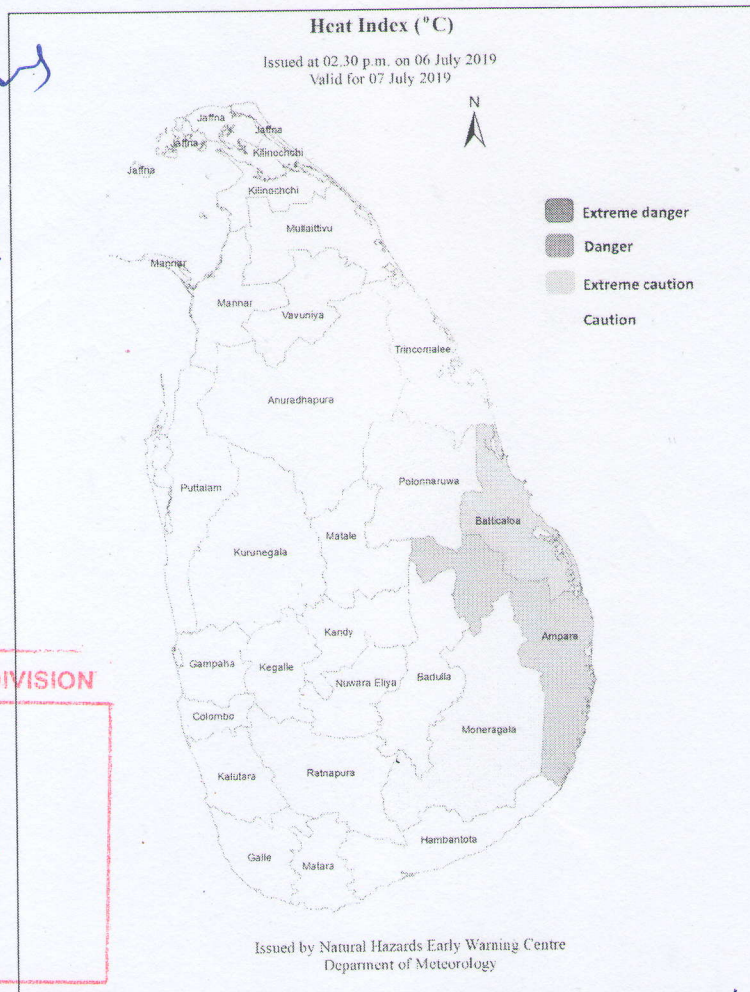
Issued by the Natural Hazards Early Warning Centre
At 02.30 p.m. 06 July 2019 valid for 07 July 2019

For Batticaloa and Ampara 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 Batticaloa and Ampara districts.

ECC Staff
pls inform to relevant stakeholders
7/06/07/2019



EMERGENCY OPERATIONS DIVISION

RECEIVED

Date : 2019/07/06

Time : 1927 hrs

OH

D (Ops)/DO/ADO

DISASTER MANAGEMENT CENTRE



කාලගුණ විද්‍යා දෙපාර්තමේන්තුව

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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.