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வளிமண்டலவியல் திணைக்களம்
Department of Meteorology

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Bulletin No: 02
COLOR: Amber

WW/H/19/03/07/02

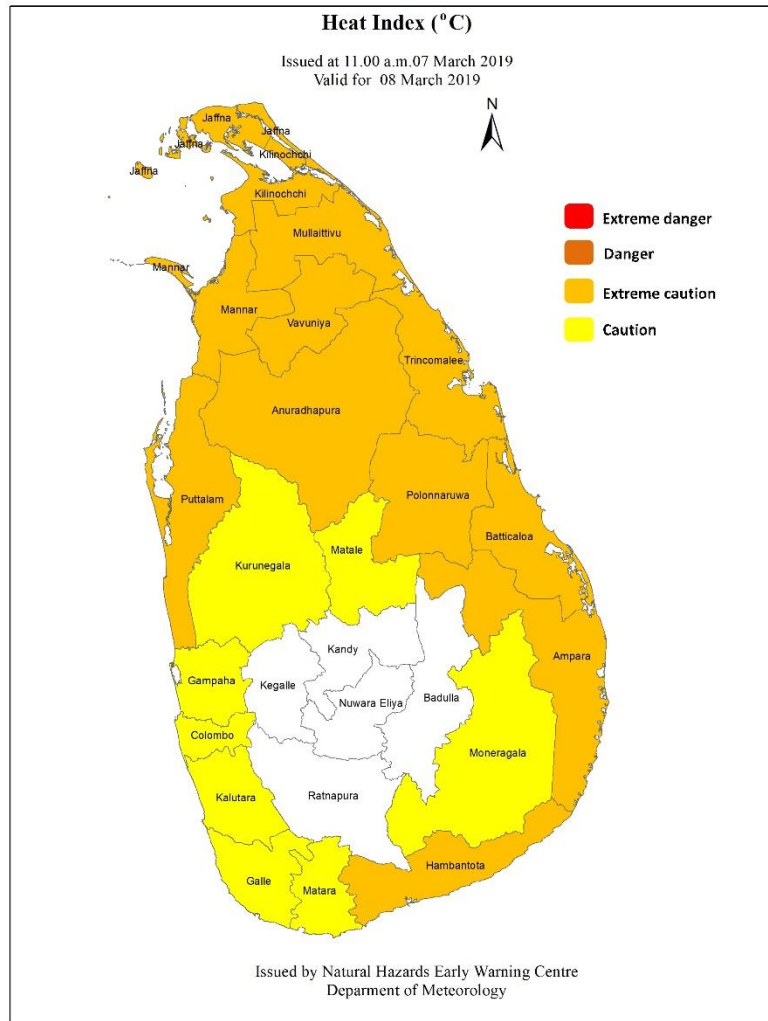
Heat Weather Advisory

Issued by the Natural Hazards Early Warning Centre
At 11.00 a.m. 07th March 2019 valid for 08th March 2019

Northern, North-Central and Eastern Provinces and in Puttalam and Hambantota Districts

PLEASE BE AWARE

'Extreme Caution' level is expected in most parts of the Northern, North-Central and Eastern provinces and Puttalam and Hambantota districts tomorrow.





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Heat Index	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.

Note:

In addition, please refer to advisories issued by the Ministry of Health, Nutrition and Indigenous Medicine in this regard as well. For further clarifications please contact Environmental & Occupational Health Directorate through 011-2675303.