



Bulletin No: 01
COLOR: Amber

WW/H/18/09/14/01

Heat Weather Advisory

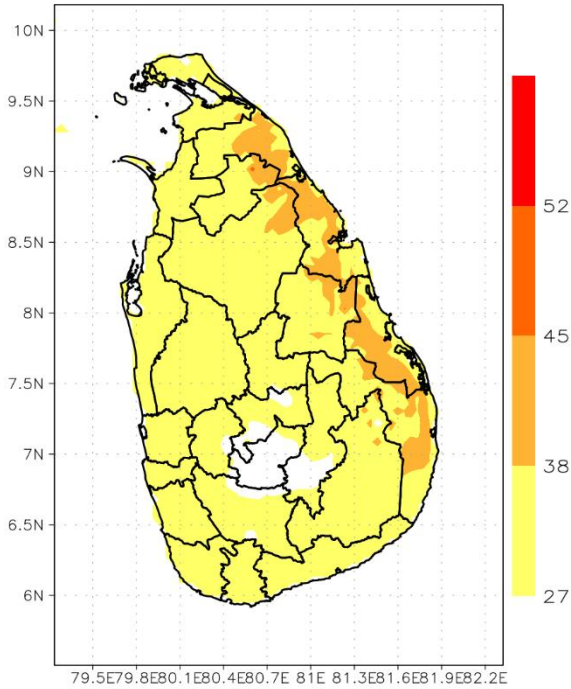
Issued by the Natural Hazards Early Warning Centre
at 02.00 p.m. 14 September 2018 until 15 September 2018

Advisory for Eastern Province and Polonnaruwa, Mullativu & Kilinochchi Districts

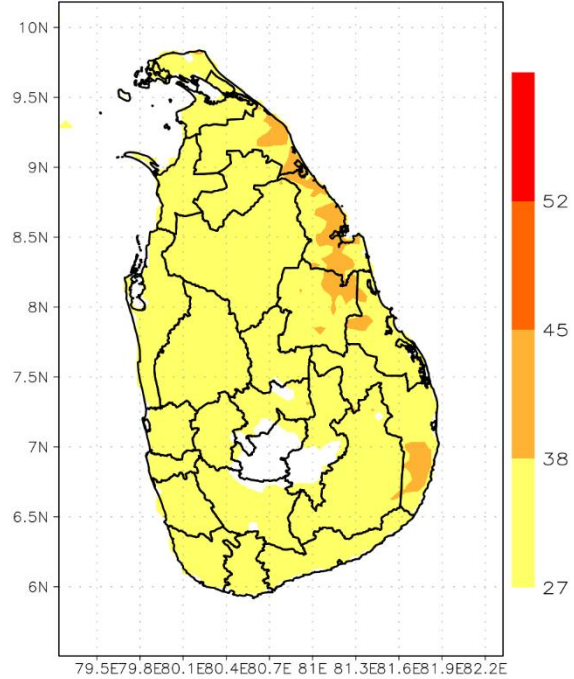
PLEASE BE AWARE

Caution level is expected in most parts of the Eastern Province and some parts of Polonnaruwa, Mullativu and Kilinochchi districts today and tomorrow.

Heat Index WRFDA 5km 09UTC of 14/09/2018



Heat Index WRFDA 5km 09UTC of 15/09/2018





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, 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.