



Subject: Heat Wave/Humid & discomfort weather Warning over the districts of North Bengal during 05th – 10th June,2023

Mainly dry westerly wind is prevailing over the region. Meteorological conditions suggest that heat wave condition and hot & discomfort weather is very likely to prevail over the districts of North Bengal during 5th – 10th June,2023.

Forecast: Mainly dry weather is very likely to prevail over the Malda, South and North Dinajpur districts of North Bengal during 05 – 10th June,2023. Day temperature (Maximum temperature) is very likely to be above normal by 3-5 °C during 5th – 10th June,2023.

******Humid and discomfort weather likely to prevail at one or two places over rest districts of North Bengal.**

Possible Impact:

1. Hot and Discomfort weather is very likely.
2. Heat is tolerable for general public but moderate health concern for vulnerable people e.g. infants, elderly, people with chronic diseases, people exposed to sun for prolonged period or doing heavy work.
3. Heat cramp, heat rash is likely during noon/afternoon period.

Action suggested:

1. **Avoid prolonged heat exposure.**
2. Wear lightweight, lightcoloured, loose, cotton clothes.
3. Cover your head: Use a cloth, hat or umbrella.
4. **Drink sufficient water- even if not thirsty to avoid dehydration.**
5. Caution workers to avoid direct sunlight during 11 AM – 4 PM.
6. Schedule strenuous jobs to cooler times of the day.
7. Increasing the frequency and length of rest breaks for outdoor activities.
8. Pregnant workers and workers with a medical condition should be given additional attention.
9. **Recognize the signs of heat stroke, heat rash or heat cramps such as weakness, dizziness, headache, nausea, sweating and seizures. If you feel faint or ill, see a doctor/ hospital immediately.**
10. Give light and frequent irrigation to keep the soil wet.
11. Avoid animal grazing during mid-day time, provide sufficient amount of water to the animals.