

Situation Update - Heat Wave

Date - 09th February 2024

Background

Amidst growing concerns over the trajectory of global climate patterns, recent data from the European Union's Copernicus Climate Change Service (C3S) highlights an alarming reality. **January 2024 has now been officially declared the hottest month on record worldwide**, surpassing the previous record set in 2020. The ramifications of this climatic shift are embedded in a broader trend, as evidenced by C3S data spanning back to 1950, further underscoring the urgency of addressing climate change.

Notably, this record-breaking development follows the declaration of 2023 as the hottest year globally since records began in 1850, presenting a stark continuation of the upward temperature trajectory. The escalating temperatures are not solely attributed to human activities but are compounded by the El Niño weather phenomenon. El Niño intensifies the warming of surface waters in the eastern Pacific Ocean, contributing to the overall increase in global temperatures.

This year, El Niño has already influenced temperature and precipitation patterns in parts of Southern Asia. In particular, southern regions of India are currently grappling with rising temperatures, exacerbated by the absence of the usual monsoon rainfall. This deviation from the usual pattern is noteworthy, as traditionally, heatwaves have predominantly affected the northern and central parts of the country. However, this time around, states like Kerala and Karnataka are experiencing elevated temperatures, indicating a shift in the typical geographical distribution of heatwaves within India

Current Situation

1. Kerala

- Palakkad district in Kerala is currently witnessing a significant increase in temperatures.
- Forecasts suggest the likelihood of an intense heatwave before March, with temperatures potentially soaring to 40 degrees Celsius if no intermittent rain occurs.
- Over the past ten days, temperatures in Palakkad have fluctuated between 35 to 38 degrees Celsius.
- Regions such as Mundur, Pattambi, and Malampuzha are anticipated to be the most affected by the rising temperatures.
- The Governor has announced plans for piloting heat action plans in Local Self-Government institutions in 2024. Additionally, there are efforts underway to collaborate with UNICEF in developing child-friendly spaces within cyclone shelters.

2. Karnataka

- Karnataka is currently experiencing a severe heatwave, primarily attributed to low rainfall in the previous year. This has led to high temperatures prevailing across various districts, including Chintamani, Bangalore, and Bagalkot.
- Notably, even minimum temperatures are elevated, exacerbating the discomfort caused by the intense heat.

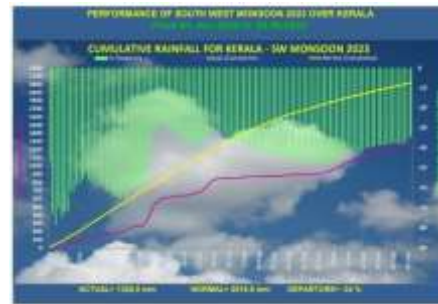
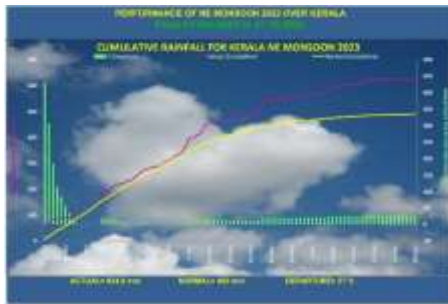
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- The Meteorological Department has forecasted a potential relief from the scorching conditions due to increased wind speeds. However, substantial rainfall is not anticipated until late February.

Causes for Heat Wave

- According to reports, the high temperature in the state is attributed to the 'El Niño' phenomenon. Experts have warned that the state will experience dry weather this year as a result of the El Niño phenomenon.
- The lack of rainfall in December and January, coupled with the performance of the Southwest monsoon, has led to the persistence of heat in February.



A heatwave is officially declared if:

- The maximum temperature reaches a minimum of 40 degrees Celsius in the plains.
- Coastal areas experience temperatures of at least 37 degrees Celsius.
- Hilly regions record temperatures no lower than 30 degrees Celsius.
- Departure from normal temperatures is at least 4.5 degrees.

Recommendations

- Avoiding direct sunlight exposure between 11 am and 3 pm.
- Ensuring water conservation and storage in preparation for summer rains.
- Maintaining hydration by drinking plenty of water.
- Wearing loose, light-colored cotton clothing for comfort.

BEAT THE HEAT

STAY HEALTHY AND SAFE

DO'S AND DON'TS

	
 <p>Stay hydrated by drinking plenty of water, ORS, homemade drinks like lassi, lemon water, buttermilk etc.</p>	 <p>Avoid direct Sun Exposure</p>
 <p>Take Frequent Breaks When Working Outdoors</p>	 <p>Avoid working outside between 12 noon and 5.00 P.M</p>
 <p>Wear loose and cotton clothes</p>	 <p>Don't leave children or pet inside the closed vehicle</p>
 <p>Keep your home cool, use curtains, shutters or sunshades.</p>	 <p>Avoid drinks with Alcohol & too much Caffeine.</p>
 <p>Use umbrella/hat, shoes, goggles when going out in the day</p>	 <p>Avoid high-protein foods (meat, fish) and do not eat stale food.</p>

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