

HEAT WAVE ALERT AND ADVISORY

Period: 15 – 21 April, 2024

From 3 April 2024, the Bangladesh Meteorological Department (BMD) issued a warning and has been forecasting a mild (36 to 37.5°C) to moderate (38 to 39.9°C) heat wave. A follow-up warning published on 13 April 2024 alerted the sweeping of heat waves in six divisions of Bangladesh, including the Chattogram division. The BMD warned that this type of weather phenomenon could persist and potentially spread, as shown from a 05-day weather alert indicating rising temperatures.

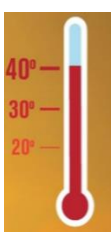
Similarly, the **INSTANT portal's**¹ seven-day weather forecast recorded the highest temperature in Cox's Bazar area at 39°C, while 38°C in UKHIYA and TEKNAF as of 15 April 2024. But the temperature is leaning towards a downward trend, reaching 32°C by 21 April 2024. Using the National Oceanic and Atmospheric Administration (NOAA) heat index calculator², the analysis informed us that the index categories will remain at the "Danger" level as shown in the table below:

Day	Relative humidity (%)			Forecast Temperature (°C)			Heat Index (°C)*		
	Cox's Bazar	Ukhiya	Teknaf	Cox's Bazar	Ukhiya	Teknaf	Cox's Bazar	Ukhiya	Teknaf
15 Apr	61	69	74	39	38	38	41	57.6	47
16 Apr	80	85	88	36	35	34	46	50	46
17 Apr	86	90	91	35	33	33	47	49	49
18 Apr	85	89	90	35	33	33	46	46	48
19 Apr	85	88	89	34	33	33	45	44	47
20 Apr	87	89	89	33	32	32	44	42	45
21 Apr	86	89	88	33	32	32	43	42	44

*Health Index Classification

Category	Heat Index Cut Off
Extreme	54°C or higher
Danger	
Danger	41 - 52°C
Extreme	32 - 41°C
Caution	
Caution	27 - 32°C

What are the HEAT DISORDERS and ASSOCIATED RISK?



The likelihood of heatstroke or sunstroke
Sunstroke, muscle cramps, and heat exhaustion. Prolonged exposure may lead to heatstroke
Prolonged exposure may lead to sunstroke, muscle cramps, and heat exhaustion.
Fatigue

The prolonged high heat may cause fire outbreaks and aggravate illnesses, especially for those with pre-existing health conditions, undernourished children, and the elderly. The high temperature could also result in economic losses, negatively impacting crop production and animal mortality. Hence, precautionary actions are required from the EPR WG, including providing awareness and advisory to the Rohingya population and host communities to mitigate the early onset of emergencies, considering the camp's living conditions and environment.

Below are the key advisory messages recommended for dissemination, primarily targeting the most vulnerable.

¹ <https://instant.rimes.int/Dashboard/202294>

² The NOAA National Weather Service: Heat Index Chart <https://www.weather.gov/ffc/hichart>

ADVISORY for CHILDREN UNDER FIVE



Have the child **drink water regularly**



Clean the child's skin with a **wet towel** several times a day



Dress the child with **light-colored clothing**



Give a child a **cool bath** as often as possible



When outside the house, cover the child with **wide-brimmed hat**



For babies, **nurse more often**

GENERAL ADVISORY, ESPECIALLY PREGNANT WOMEN, LACTATING MOTHERS AND THE ELDERLY

It's really HOT!

Stay hydrated throughout the day: Drink plenty of water and avoid sugary, caffeinated, icy, or alcoholic beverages, as they can exacerbate dehydration and stomach cramps.

Dress appropriately: Make habits for loose-fitting, lightweight clothing made from breathable fabrics to facilitate better air circulation and reduce the risk of overheating.

Take breaks under the shade: If working outside, rest in shady areas so your body can recover.

Maintain a cool indoor environment: *Open windows and use natural ventilation* to circulate air.

Protect and cool your body: Use an umbrella whenever going outside. Take a refreshing shower or bath to help lower your body temperature and provide relief from the heat.

If dehydrated and feeling sick: Drink oral rehydration solution (ORS) or lemon sarbat/torani or whatever is useful to rehydrate the body. Contact or consult your nearby health facilities, if required.

HOUSEHOLDS ENGAGED IN CROP/VEGETABLE PRODUCTION



Put shade or cover your crops/vegetables. If using containers, **move** them to **shady areas**.

Apply organic mulch.

Water your plants generously at least **twice a day** (morning and afternoon)

Use **organic fertilizer**. Avoid applying synthetic fertilizers.

Don't make fire or burn debris to trigger a fire outbreak

HOUSEHOLDS ENGAGED IN LIVESTOCK PRODUCTION (small: poultry & medium: goats, cows)



Store drinking water for livestock.

Hydrate and feed your animals regularly and as necessary.

Keep animals **under the shade**.

Secure **sufficient feed** in safe spaces, not directly exposed to the sun.



FOR EMERGENCY SUPPORT: Immediately seek help from CiC, Community Health Workers, CwC volunteers, DMU/ CPP volunteers, WASH/Hygiene Promotion volunteers, camp managers, camp officials, etc.

ATTENTION! Camp Disaster Management Committee members should be on standby for possible emergency assistance.

For more precaution and response, please follow the instructions provided by WHO

https://www.who.int/health-topics/heat-waves#tab=tab_1

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