

HEAT WAVE ALERT AND ADVISORY

Period: 22 – 29 April, 2024

The third heat wave warning from the Bangladesh Meteorological Department (BMD), issued on 22 April 2024, alerted the country to the still-prolonging high temperatures. Specifically, for Cox's Bazar, the weather forecast indicated a maximum temperature of nearly 35°C. Despite being a little bit below the threshold for a mild heatwave, at 36 to 37.5°C, the BMD cautioned that due to increasing moisture incursion, the discomfort may increase.

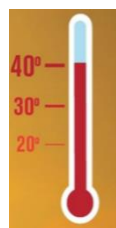
While the **INSTANT portal's**¹ seven-day weather forecast recorded the high temperature in Cox's Bazar areas at 37°C and the soaring unprecedented levels of humidity in Teknaf at 90% as of 23 April 2024. As such, the heat index remains at the "Danger" level threshold, as per the National Oceanic and Atmospheric Administration (NOAA) index calculator², 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
22-Apr	85	87	87	34	33	33	45	45	45
23-Apr	84	87	90	37	36	35	48	51	51
24-Apr	84	88	90	36	35	35	47	50	51
25-Apr	85	89	90	35	34	34	48	49	50
26-Apr	88	88	90	35	33	33	50	45	49
27-Apr	83	87	89	35	34	34	46	46	48
28-Apr	83	86	87	35	34	34	46	45	47
29-Apr	84	86	85	34	33	33	44	44	45

*Health Index Classification

Category	Heat Index Threshold
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

It's been three weeks now of prolonged high heat. Critical consequences may include fire outbreaks and aggravating illnesses, especially for those with pre-existing health conditions, undernourished children, lactating mothers, pregnant women, the elderly, and people with disabilities. The high temperature could also result in economic losses, considering the negative impact on crop production and animal deaths. Active preventive actions are required, including providing awareness and advisory to the Rohingya refugees and host communities to mitigate the early onset of emergencies. Considering the camp's unique living conditions and environment, the Sectors and EPR WG members shall coordinate to carry out awareness targeting the most vulnerable members of the communities.

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

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

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

ADVISORY for CHILDREN UNDER FIVE

-  Have the child **drink water regularly**
-  Give a child a **cool bath** as often as possible
-  Clean the child's skin with a **wet towel** several times a day
-  When outside the house, cover the child with a **wide-brimmed hat**
-  Dress the child with **light-colored clothing**
-  For babies, **nurse more often**

GENERAL ADVISORY, ESPECIALLY PREGNANT WOMEN, LACTATING MOTHERS, THE ELDERLY, AND PEOPLE WITH DISABILITY

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: Wear 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: Wear an umbrella whenever you go outside. Take a refreshing shower or bath to help lower your body temperature.

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

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)



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, and others.

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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