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வளிமண்டலவியல் திணைக்களம்
Department of Meteorology

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Bulletin No: **01** LHA/26/03/05/01

COLOR: **Amber**

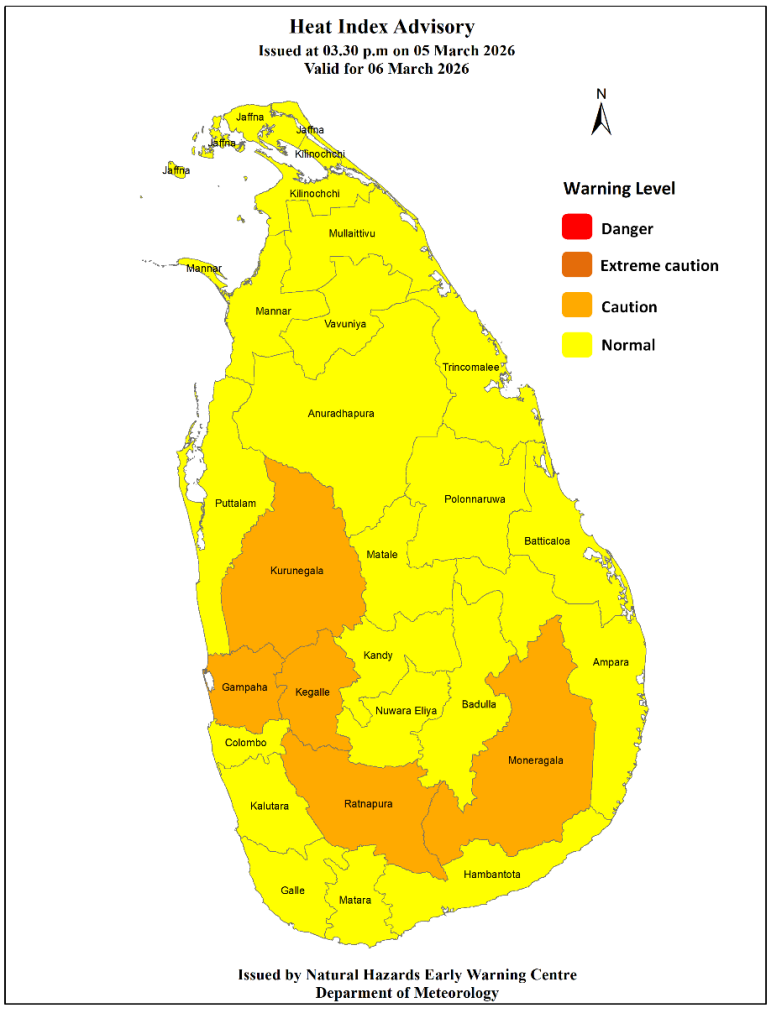
Warm Weather Advisory

Issued by the Natural Hazards Early Warning Centre
Issued at 3.30 p.m. on 05 March 2026, valid for 06 March 2026.

For Sabaragamuwa province and, Kurunegala, Gampaha and Monaragala districts.

PLEASE BE AWARE

Heat index, the temperature felt on human body is likely to increase up to **'Caution level'** at some places in Sabaragamuwa province and in Kurunegala, Gampaha and Monaragala districts.



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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 and Indigenous Medical Services.

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.

Dress: Wear lightweight and white or light-colored clothing.

Note:

In addition, please refer to advisories issued by the Disaster Preparedness & Response Division, Ministry of Health in this regard as well. For further clarifications please contact 011-7446491.