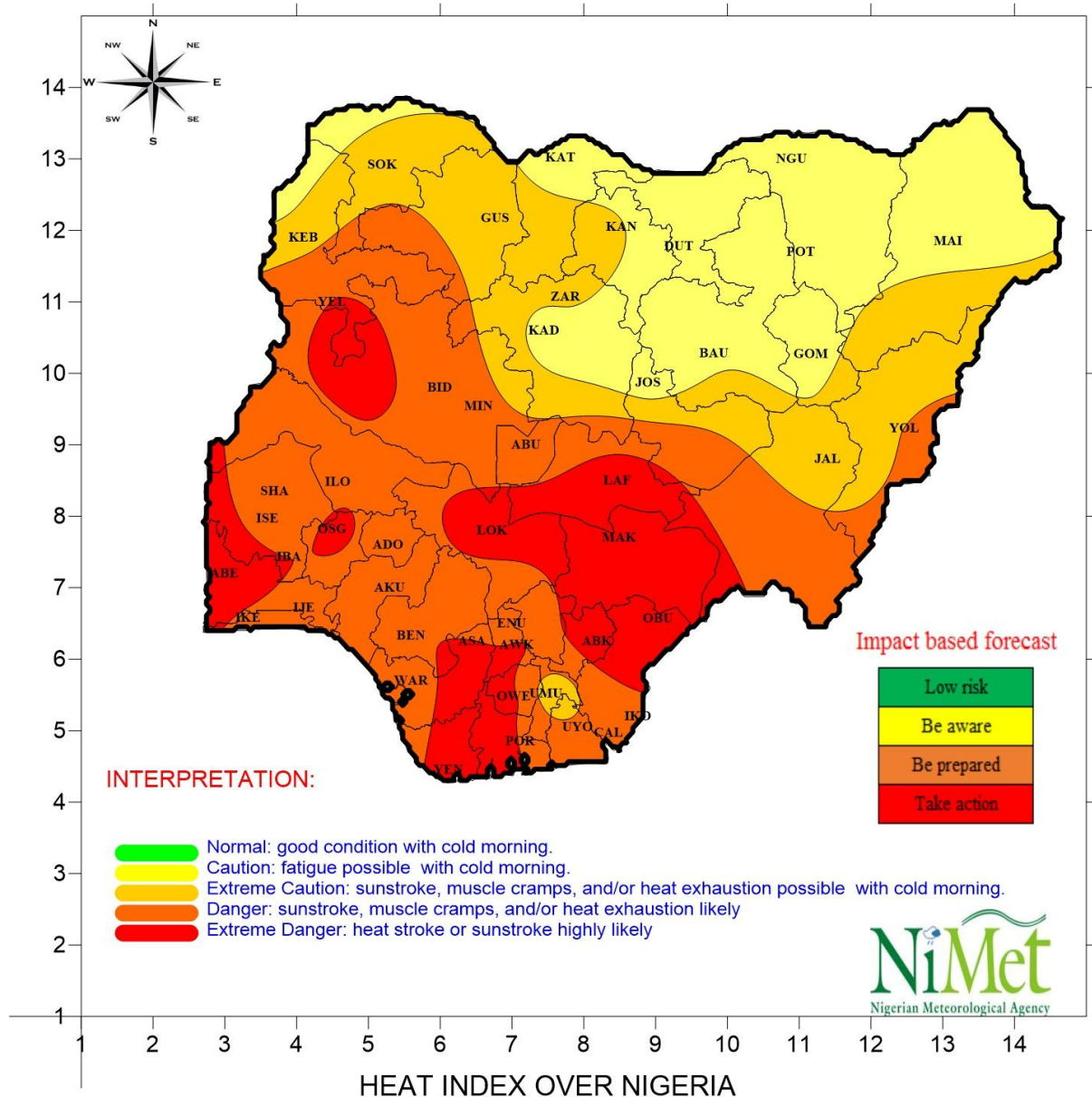


WEATHER WARNING FOR HEAT STRESS

(Weather Warning issued on 19th February, 2025; valid for 20/02/2025)

Heat index forecast for 20/02/2025



Heat stress sets in again. The general public should take necessary precautions.

ADVISORIES:

1. Drink lots of water.
2. As much as possible, find air-conditioned places to cool off.
3. Do not leave kids in a closed, parked vehicle.
4. For the outdoors, use a hat and sunshades.
5. Keep infants well-aerated and hydrated.
6. Wear light, breathable clothing to reduce the effect of high temperatures.

7. Reduce strenuous physical activity during peak heat hours (Stay indoors as much as possible between 12:00 noon and 4:00 pm)
8. Public awareness campaigns and education about heat stress risks and preventive measures are essential.

NOTE:

- i. Heat stress is the product of so many factors — humidity, sun, wind (ventilation), hydration, clothing and physical fitness.
- ii. As we expect rains to fall in some parts of the south, this may temporarily reduce the temperatures over these areas.