



IMPACT BASED WARNING for FOG, COLD DAY & COLD WAVE

WARNING NO.: 2021-01/21

DATE & TIME OF ISSUE: 25th January, 2021 (1200 HRS IST)

| Forecast Warning | FOG | COLD DAY | COLD WAVE |
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| 0830 HRS IST of 25 th January, 2021 to 0830 HRS IST of 26 th January, 2021 | Dense to Very Dense Fog is very likely in the district of MUZAFFARNAGAR, BAGHPAT, MEERUT, ALIGARH, MATHURA, AGRA, HATHRAS, ETAH, FARRUKHABAD, KANNAUJ, BIJNOR, AMROHA, MORADABAD, RAMPUR, SAMBHAL, BAREILLY, PILIBHIT, SHAHJAHANPUR, BADAYUN, KASGANJ, LAKHIMPUR KHERI, BAHRAICH, SHRAWASTI, HARDOI, SITAPUR, BALRAMPUR, GONDA, SIDDHARTH NAGAR, BASTI, S. K. NAGAR, MAHARAJGANJ, KUSHINAGAR, GORAKHPUR, DEORIA, BALLIA, KANPUR DEHAT, KANPUR NAGAR, UNNAO, LUCKNOW, BARABANKI, RAEBAREILLY, AMETHI, AYODHYA, SULTANPUR, AMBEDKAR NAGAR, JAUNPUR, AZAMGARH, MAU, GHAZIPUR, VARANASI, PRATAPGARH, PRAYAGRAJ, S. R. NAGAR and adjoining areas. | Cold Day to Severe Cold Day is very likely in the district of MEERUT, ALIGARH, AGRA, BAREILLY, SHAHJAHANPUR, HARDOI, KANPUR NAGAR, BAHRAICH, GONDA, BASTI, GORAKHPUR, SULTANPUR, AYODHYA, BARABANKI, LUCKNOW, UNNAO, BANDA and adjoining areas. | Cold Wave is very likely in the district of SONBHADRA and adjoining areas. |
| 0830 HRS IST of 26 th January, 2021 to 0830 HRS IST of 27 th January, 2021 | Dense to Very Dense Fog is very likely in the district of MUZAFFARNAGAR, BAGHPAT, MEERUT, ALIGARH, MATHURA, AGRA, HATHRAS, ETAH, FARRUKHABAD, KANNAUJ, BIJNOR, AMROHA, MORADABAD, RAMPUR, SAMBHAL, BAREILLY, PILIBHIT, SHAHJAHANPUR, BADAYUN, KASGANJ, LAKHIMPUR KHERI, BAHRAICH, SHRAWASTI, HARDOI, SITAPUR, BALRAMPUR, GONDA, SIDDHARTH NAGAR, BASTI, S. K. NAGAR, MAHARAJGANJ, KUSHINAGAR, GORAKHPUR, DEORIA, BALLIA, KANPUR DEHAT, KANPUR NAGAR, UNNAO, LUCKNOW, BARABANKI, RAEBAREILLY, AMETHI, AYODHYA, SULTANPUR, AMBEDKAR NAGAR, JAUNPUR, AZAMGARH, MAU, GHAZIPUR, VARANASI, PRATAPGARH, PRAYAGRAJ, S. R. NAGAR and adjoining areas. | Cold Day to Severe Cold Day is very likely in the district of MUZAFFARNAGAR, MEERUT, ALIGARH, AGRA, BAREILLY, SHAHJAHANPUR, HARDOI, KANPUR NAGAR, BAHRAICH, GONDA, BASTI, GORAKHPUR, SULTANPUR, AYODHYA, BARABANKI, LUCKNOW, UNNAO, BANDA, PRAYAGRAJ and adjoining areas. | Cold Wave is very likely in the district of RAEBAREILLY, AMETHI, SULTANPUR, SONBHADRA and adjoining areas. |

COLD WAVE & COLD DAY:

| <u>Impact Expected</u> | <u>Suggested Actions</u> |
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| <ul style="list-style-type: none"> ➤ Low temperature with chilly winds may aggravate cold at time. ➤ Cold is tolerable but mild health concern for vulnerable people. (Infants, pregnant women, elderly, people with chronic diseases etc.) ➤ An increased likelihood of various illnesses like flu, running / stuffy nose or nosebleed, which usually set in or get aggravated due to prolonged exposure to cold. ➤ Do not ignore shivering. It is the first sign that the body is losing heat. Get Indoors. ➤ Frostbite can occur due to prolonged exposure to cold. The skin turns pale, hard and numb and eventually black blisters appear on exposed body parts such as fingers, toes, nose and or earlobes. ➤ Severe frostbite needs immediate medical attention and treatment. | <ul style="list-style-type: none"> ✓ Avoid prolonged exposure to cold. ✓ Wear several layers of loose fitting, light weight; warm woolen clothing rather than one layer of heavy cloth. ✓ Cover your head, neck, hands and toes adequately as majority of heat loss occurs through these body parts. ✓ Listen to radio; watch TV, read newspaper for weather updates/ forecasts. ✓ Wear insulated/waterproof shoes. ✓ Moisturize your skin regularly with oil, petroleum jelly or body cream. ✓ Eat healthy fruits and vegetables rich vitamin-C and drink lots of fluids to maintain adequate immunity. ✓ Limit outdoor activities. ✓ Keep dry, if wet, change cloths immediately to prevent loss of body heat. ✓ Warm the affected area of the body slowly with lukewarm water; do not rub the skin vigorously. ✓ If the affected skin area turns black, immediately consult a doctor. ✓ Maintain ventilation while using Heaters to avoid inhaling toxic fumes. ✓ Take safety measures while using electrical and gas heating devices. ✓ Don't drink alcohol. It reduces your body temperature. ✓ Drink hot drinks regularly. |




FOG:

| <u>Impact Expected</u> | <u>Suggested Actions</u> |
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| <p><u>Transport and Aviation:</u></p> <ul style="list-style-type: none"> ➤ Difficult driving conditions ➤ Chances of road traffic collisions ➤ Below Visibility minima at airports in the areas may affect aircraft landing/take offs <p><u>Human Health:</u></p> <ul style="list-style-type: none"> ➤ Lung related health impacts: Dense fog contains particulate matter and other pollutants and in case exposed it gets lodged in the lungs, clogging them and decreasing their functional capacity which increases episodes of wheezing, coughing and shortness of breath ➤ Causes Eye Irritation: Dense fog contains pollutions of various types and these Pollutants in the air if exposed may tend to irritate the membranes of the eye causing various infections leading to redness or swelling of the eye. | <p><u>Transport and Aviation:</u></p> <ul style="list-style-type: none"> ✓ Careful while driving or outing through any transport ✓ Use fog lights during driving ✓ Be touch with Airlines and Railway and State transport for any schedule of your journey <p><u>Human Health:</u></p> <ul style="list-style-type: none"> ✓ To avoid outing until unless emergency and to cover the face. |

Meteorological Centre,
Lucknow

LEGENDS:

| WARNING COLOUR | ACTION |
|----------------|-------------|
| Red | Take Action |
| Orange | Be Prepared |
| Yellow | Be Updated |
| Green | No Warning |

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|  Cold Wave | <p>When minimum temperature of a station $\leq 10^{\circ}\text{C}$ for plains and $\leq 0^{\circ}\text{C}$ for hilly regions.</p> <p>(a). Based on departure</p> <p>Cold Wave: Minimum Temperature Departure from normal -4.5°C to -6.4°C.</p> <p>Severe Cold Wave: Minimum Temperature Departure from normal $\geq -6.5^{\circ}\text{C}$</p> <p>(b) Based on actual Minimum Temperature (for Plains only)</p> <p>Cold Wave : When Minimum Temperature is $\leq 4.0^{\circ}\text{C}$</p> <p>Severe Cold Wave: When Minimum Temperature is $\leq 2.0^{\circ}\text{C}$</p> <p>(c) For Coastal Stations</p> <p>When Minimum Temperature departure is $\leq -4.5^{\circ}\text{C}$ or actual Minimum Temperature is $\leq 15^{\circ}\text{C}$</p> |
|  Cold Day | <p>When minimum temperature of a station $\leq 10^{\circ}\text{C}$ for plains and $\leq 0^{\circ}\text{C}$ for hilly regions</p> <p>Based on departure</p> <p>Cold Day: Maximum Temperature Departure from normal -4.5°C to -6.4°C.</p> <p>Severe Cold Day: Maximum Temperature Departure from normal $\leq -6.5^{\circ}\text{C}$</p> |
|  Fog | <p>Phenomenon of small droplets suspended in air and the horizontal visibility $< 1\text{km}$</p> <p>Moderate Fog: When the visibility between 500-200 metres</p> <p>Dense Fog: when the visibility between 50- 200 metres</p> <p>Very Dense Fog: when the visibility < 50 metres</p> |