

Heat Forces Escape Residents Indoors

Written by Rudi Prinsloo

Tuesday, 03 March 2009 09:24 -



Outdoor activities are being discouraged in the Eastern Cape, where heat has pushed discomfort levels to the extreme, the weather service said on Monday.

"High discomfort levels are occurring along the coastal belt Plettenberg Bay to just south of East London, with Uitenhage, Joubertina, Patensie, Coega and Addo having indexes of 103, which is very uncomfortable," the weather service said in a warning issued on Monday.

"Grahamstown, Cradock, Graaff-Reinet, Fort Beaufort and Bisho are already in the high 90s," it said, explaining that at 100 conditions are extremely uncomfortable and at 110 conditions are hazardous to health.

When temperature and humidity were high at the same time, humans' ability to cool their bodies through sweating was reduced. This could be a real threat, the weather service said.

"We advise schools in the affected areas to stop sporting activities this afternoon (Monday). These conditions will persist until at least 3pm today."

Heat-induced thunderstorms were possible later in the day.

Other precautions to be taken when discomfort levels were high included staying indoors in a cool room near a fan if possible, particularly for the old and infirm, wearing light-weight clothes, drinking plenty of non-alcoholic liquids and not leaving pets or children in cars.

Source : Sapa /clh/gj

Date : 02 Mar 2009 12:37