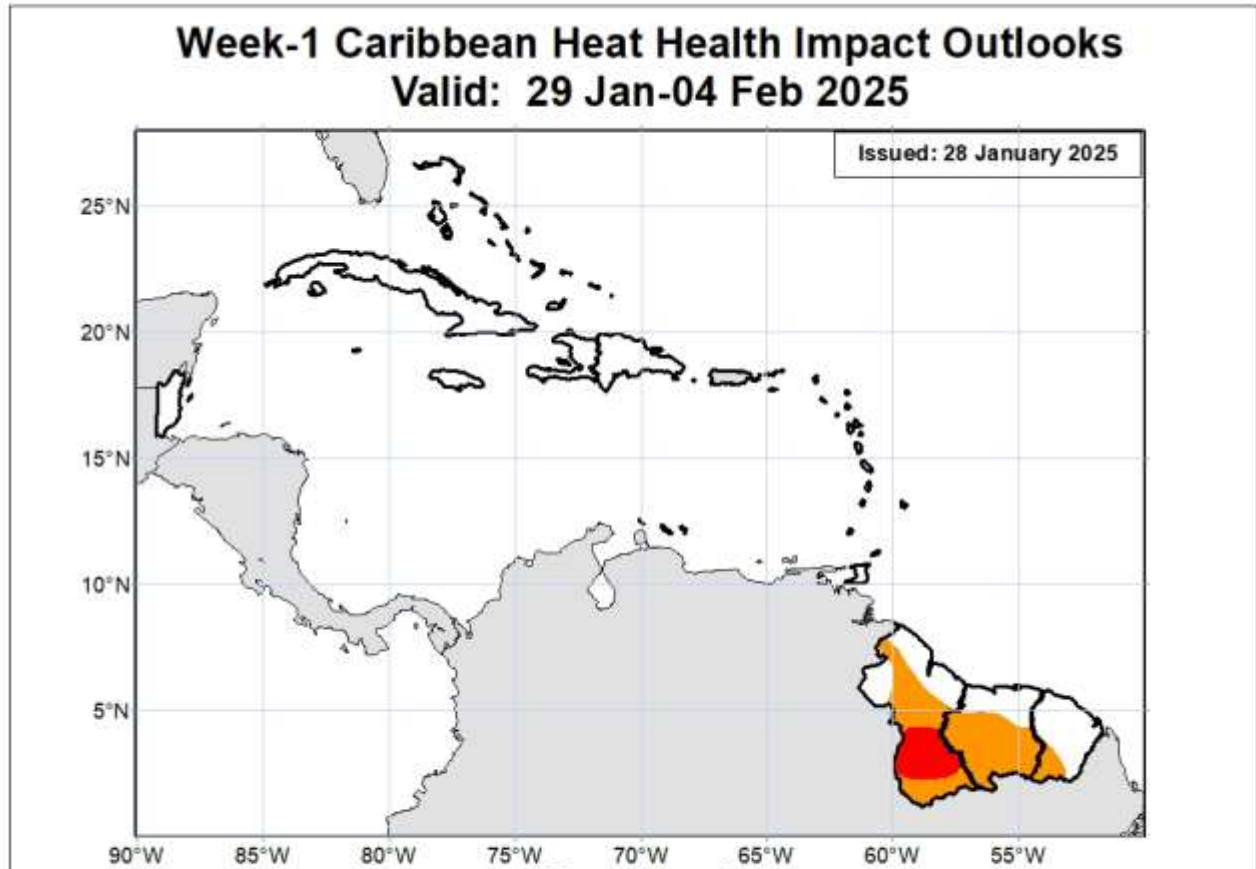


# Experimental Caribbean Heat Health Early Alert Bulletin

Week-1

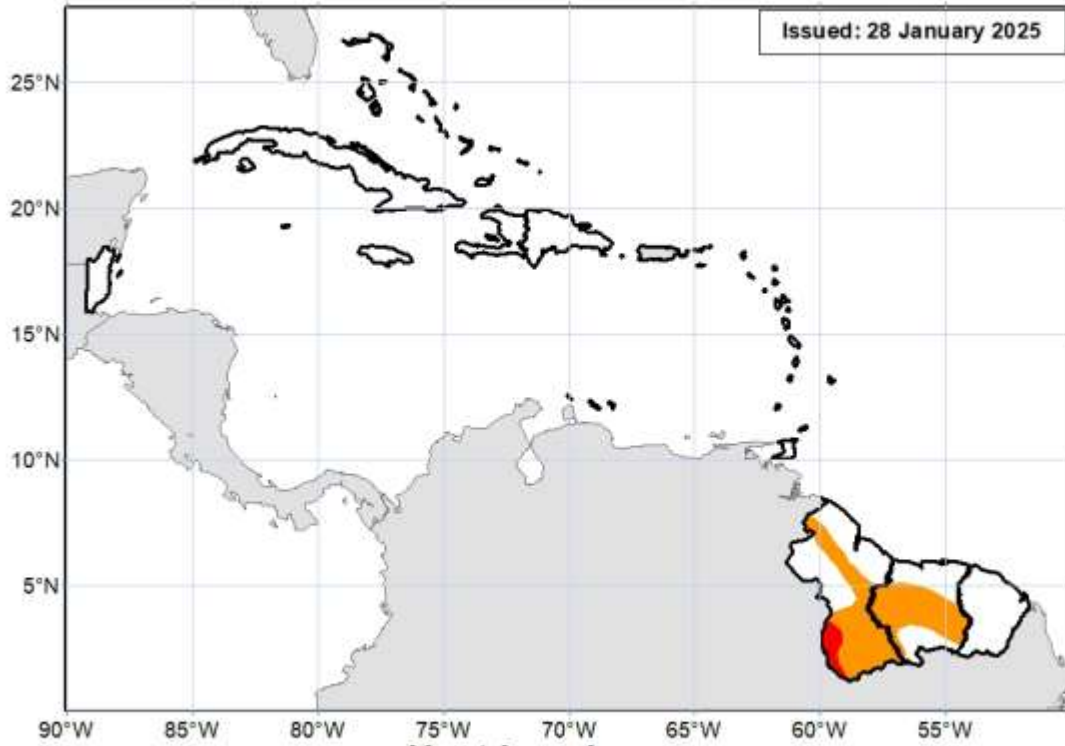
Issued: 28 January 2025

Valid: 29 January - 4 February 2025



LEVEL OF ALERT	ALERT	PEOPLE MOST AT RISK	HEALTH IMPACTS
	<b><u>Extremely Severe Heat</u></b> Extremely Hazardous	<b>Entire Population</b>	Possible Aggravation of Cardio-Vascular and Pulmonary Diseases.
	<b><u>Severe Heat</u></b> Very Hazardous	People involved in <b>outdoor activities, homeless, and other vulnerable groups</b>	Fatigue, Severe Dehydration, Cramps and Fainting.
	<b><u>Moderately Severe Heat</u></b> Hazardous	People <b>sensitive to heat, people with pre-existing health conditions, infants, young children, and the elderly</b>	Dehydration, Headache, Dizziness, Confusion.

**Week-2 Caribbean Heat Health Impact Outlooks**  
**Valid: 5 - 11 Feb 2025**



**Heat Levels**

LEVEL OF ALERT	ALERT	PEOPLE MOST AT RISK	HEALTH IMPACTS
	<b><u>Extremely Severe Heat</u></b> Extremely Hazardous	<b>Entire Population</b>	Possible Aggravation of Cardio-Vascular and Pulmonary Diseases.
	<b><u>Severe Heat</u></b> Very Hazardous	People involved in <b>outdoor activities, homeless, and other vulnerable groups</b>	Fatigue, Severe Dehydration, Cramps and Fainting.
	<b><u>Moderately Severe Heat</u></b> Hazardous	People <b>sensitive to heat, people with pre-existing health conditions, infants, young children, and the elderly</b>	Dehydration, Headache, Dizziness, Confusion.

# Heat Exhaustion

# Heat Stroke

*Heat exhaustion can lead to heat stroke*

*Heat stroke can cause death or permanent disability if left untreated*

## Act Fast

- Move to cooler area
- Loosen clothing
- Sip cool water
- **Seek medical help if symptoms don't improve**

## Symptoms

Thirst  
Dizziness  
Heavy Sweating  
Nausea  
Weakness



## Symptoms

Confusion  
Dizziness  
Becomes Unconscious

## Act Fast

**Call  
Emergency  
Number**

**Stay Cool, Stay Hydrated, Stay Informed!**

## Vulnerable Groups

All people are at risk from heat impacts, but especially vulnerable populations. These include:



Elderly People



Chronically Ill People



Pregnant Women



Infants



Disabled People



Homeless People

## General Recommended Actions



Protect Self from Heat



Stay Hydrated

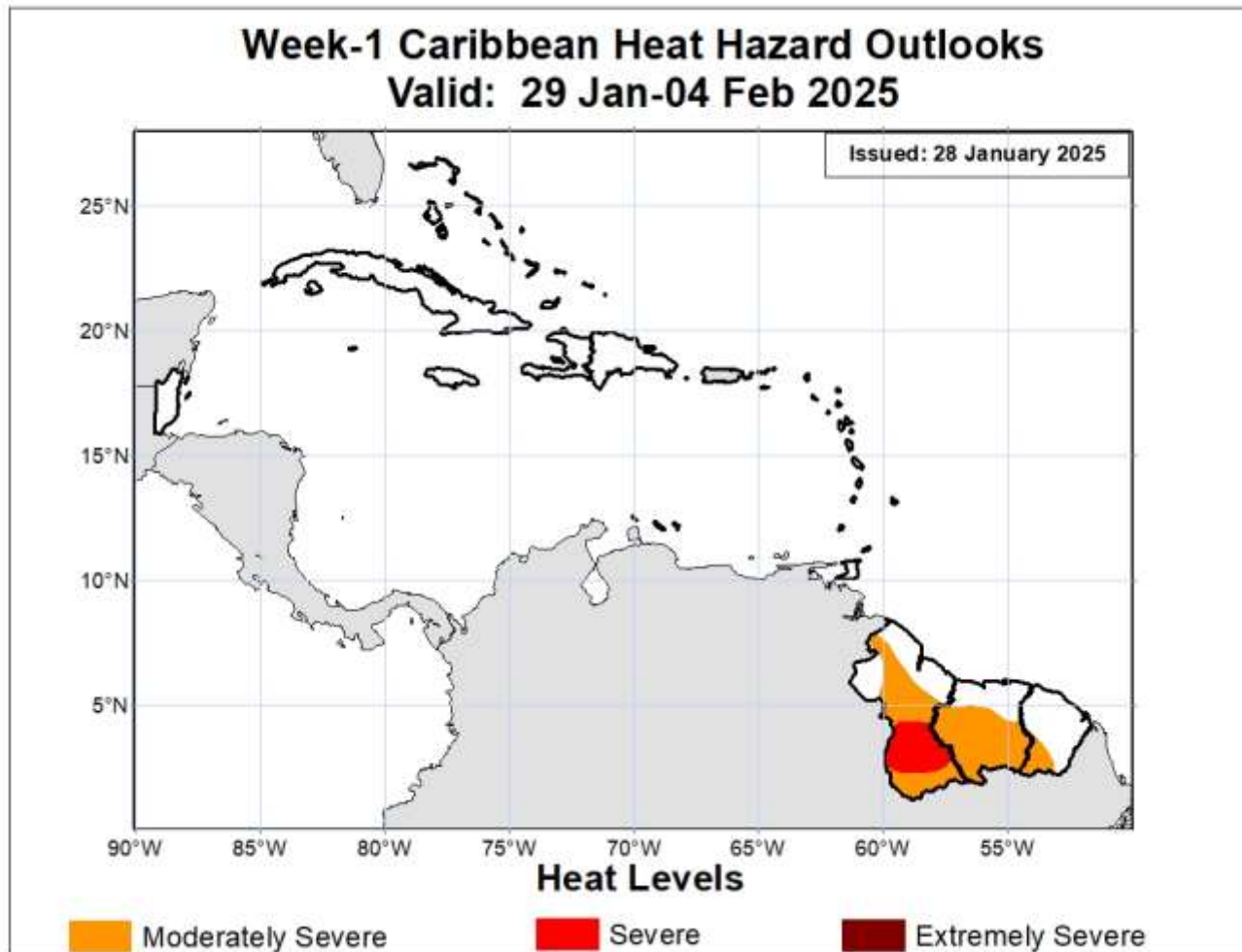


Check on Others



Consult a Doctor if Feeling Unwell

# Appendix 1



- There is an increased chance for **moderately severe heat** over Guyana, southern Suriname and French Guiana. An increased chance for **severe heat** exists over central Guyana.
- 

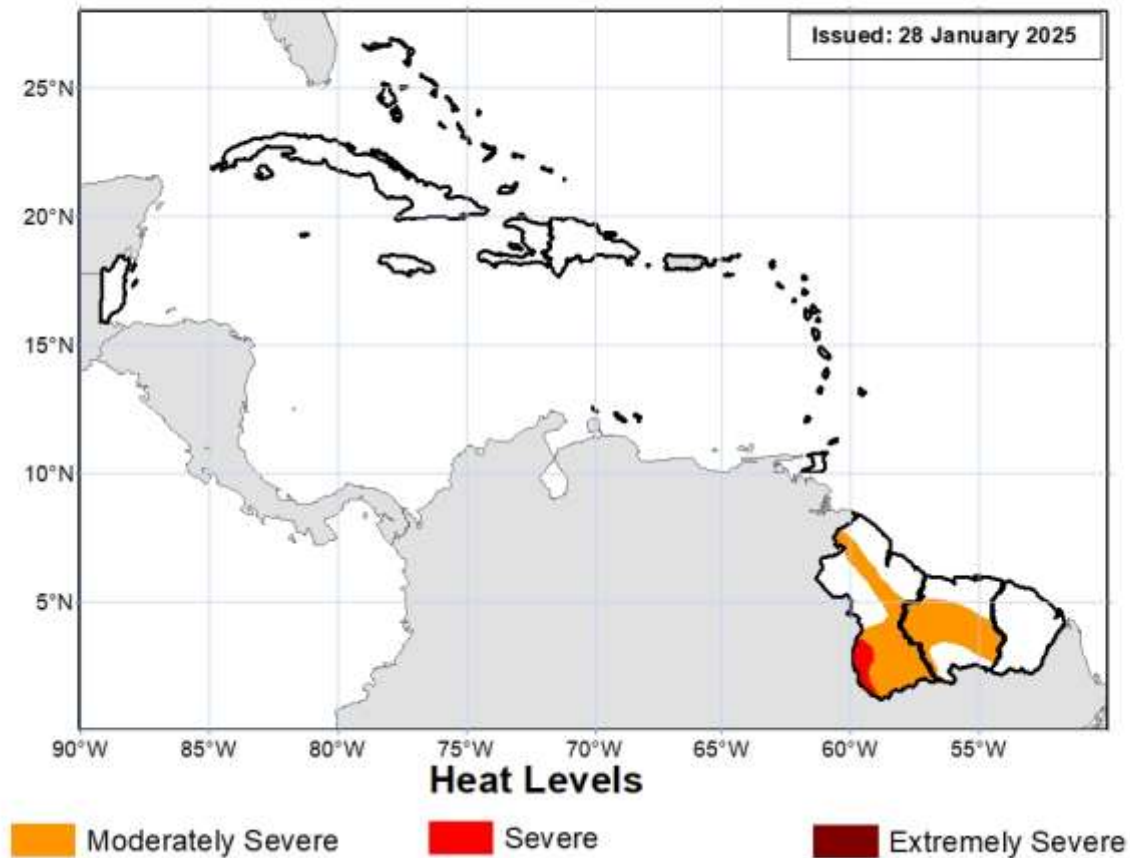
## Heat Level Classification

**Extremely Severe Heat:** Maximum temperature or heat index are among the 5% highest values  
**Severe Heat:** Maximum temperature or heat index are among the 10% highest values  
**Moderately Severe Heat:** Maximum temperature or heat index are among the 20% highest values

\*Heat classifications are based on values over a 30-year period from 1991-2020



### Week-2 Caribbean Heat Hazard Outlooks Valid: 5 - 11 Feb 2025



- There is an increased chance for **moderately severe heat** over northern and southern Guyana and in central Suriname. An increased chance for **severe heat** exists over southwestern Guyana

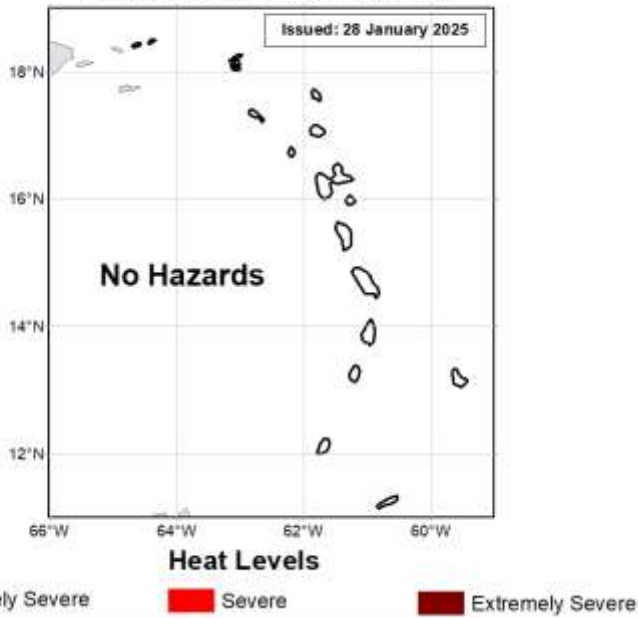
## Heat Level Classification

**Extremely Severe Heat:** Maximum temperature or heat index are among the 5% highest values  
**Severe Heat:** Maximum temperature or heat index are among the 10% highest values  
**Moderately Severe Heat:** Maximum temperature or heat index are among the 20% highest values

\*Heat classifications are based on values over a 30-year period from 1991-2020

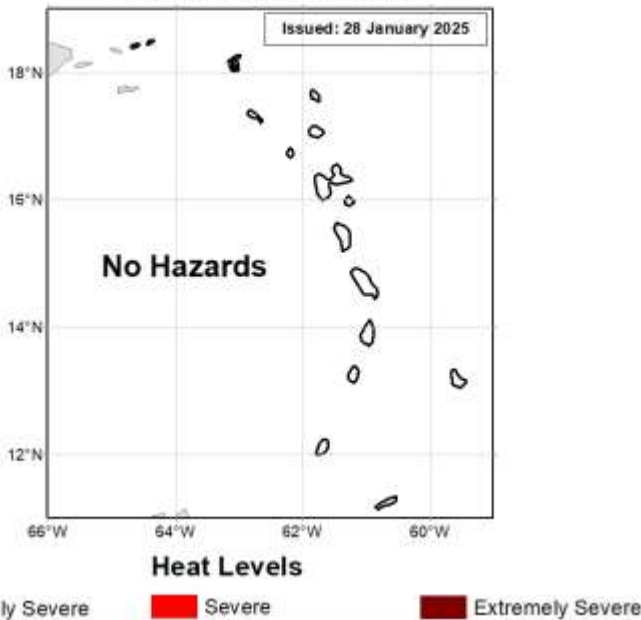
# Appendix 3

**Week-1 Lesser Antilles Heat Hazard Outlooks**  
Valid: 29 Jan - 05 Feb 2025



No heat hazard expected over Lesser Antilles during this week

**Week-2 Lesser Antilles Heat Hazard Outlooks**  
Valid: 5 - 11 Feb 2025



No heat hazard is expected over the Lesser Antilles during week 2 of the forecast.

## Heat Level

- Extremely Severe Heat:** Maximum temperature or heat index are among the 5% highest values
- Severe Heat:** Maximum temperature or heat index are among the 10% highest values
- Moderately Severe Heat:** Maximum temperature or heat index are among the 20% highest values

\*Heat classifications are based on values over a 30-year period from 1991-2020