

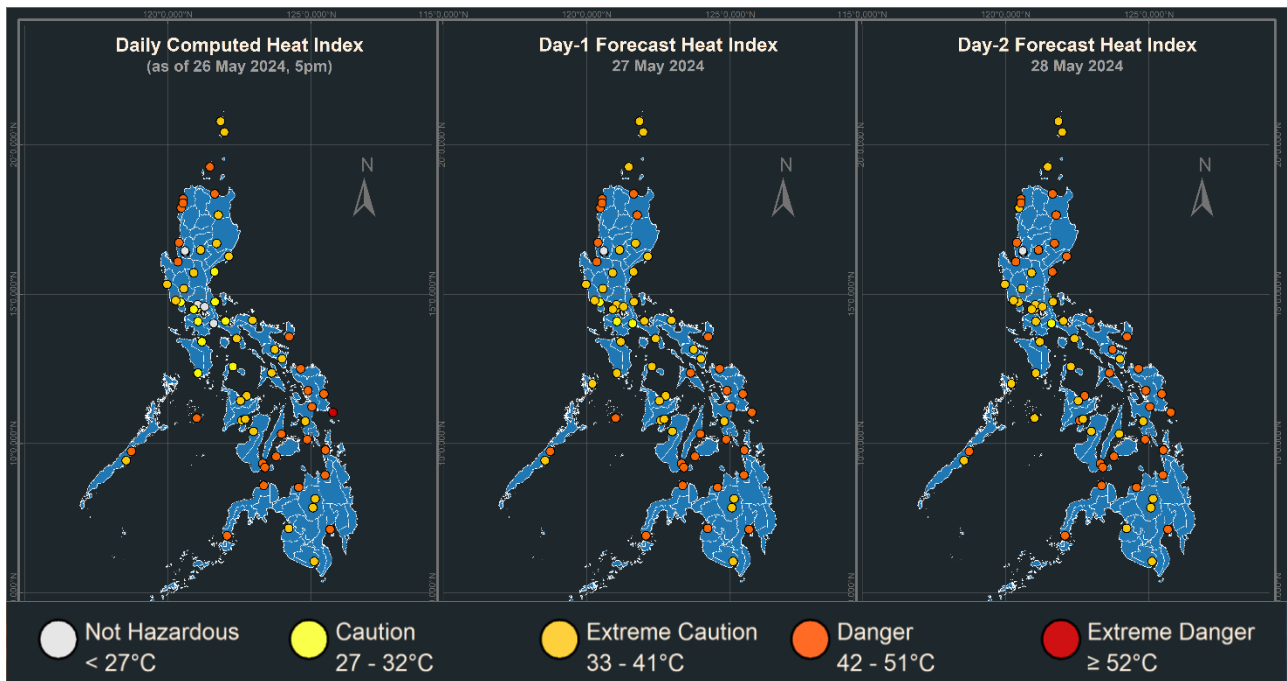


UPDATED COMPUTED AND DAILY HEAT INDEX VALUES

As of 26 May 2024, 5 PM

	COMPUTED		FORECAST	
	25 May 2024	26 May 2024	27 May 2024	28 May 2024
Heat Index (HI) Forecast Range for Metro Manila	38°C - 40°C	26°C - 31°C	35°C	36°C
Number of Stations Under Danger Level	18	26	28	32
Highest Heat Index (HI)	48°C Aparri, Cagayan	55°C Guiuan, Eastern Samar	46°C Guiuan, Eastern Samar	47°C Guiuan, Eastern Samar

Highest Recorded Heat Index (2024)	55°C (Guiuan, Eastern Samar) May 26, 2024
Highest Recorded Heat Index in Metro Manila (2024)	46°C (NAIA, Pasay City, Metro Manila) April 24, 2024



"tracking the sky...helping the country"



Synoptic Station	Computed HI		Forecast HI	
	25-May	26-May	27-May	28-May
Sinait, Ilocos Sur	43	45	42	41
Laoag City, Ilocos Norte	47	48	44	42
Dagupan City, Pangasinan	44	43	42	42
MMSU, Batac, Ilocos Norte	43	46	43	42
Bacnotan, La Union	45	44	42	42
Aparri, Cagayan	48	46	42	43
Tuguegarao City, Cagayan	40	39	43	44
NVSU Bayombong, Nueva Vizcaya	38	34	40	42
ISU Echague, Isabela	41	36	41	43
Baler (Radar), Aurora	38	27	41	42
Casiguran, Aurora	41	36	40	42
Puerto Princesa City, Palawan	44	42	43	43
Cuyo, Palawan	40	43	42	41
Daet, Camarines Norte	36	35	39	42
Legazpi City, Albay	37	40	40	42
Virac (Synop), Catanduanes	39	44	43	44
Masbate City, Masbate	35	40	42	43
Roxas City, Capiz	33	41	41	42
Iloilo City, Iloilo	41	41	41	42
Dumaguete City, Negros Oriental	39	43	43	42
Panglao International Airport, Bohol	40	42	43	42
Mactan International Airport, Cebu	40	42	42	41
Siquijor, Siquijor	40	43	43	42
Catarman, Northern Samar	42	45	44	44
Catbalogan, Samar	40	43	44	43
Tacloban City, Leyte	43	45	44	44
Borongan, Eastern Samar	42	44	45	44
Guiuan, Eastern Samar	40	55	46	47
Maasin, Southern Leyte	43	43	44	43
Dipolog, Zamboanga Del Norte	44	43	42	43
Zamboanga City, Zamboanga Del Sur	44	46	45	45
Laguindingan Airport, Misamis Oriental	39	45	44	44
Davao City, Davao Del Sur	40	42	42	42
Cotabato City, Maguindanao	43	41	42	41
Surigao City, Surigao Del Norte	43	45	44	44
Butuan City, Agusan Del Norte	45	45	44	42



Gaano ba kainit ang panahon?

Ang init na nararamdaman ng katawan ng tao (*apparent temperature*) ay hindi akmang nasusukat gamit lamang ang temperatura ng hangin (*air temperature*). Ito ay mas tamang naitataya kung isasama ang datos ng alinsangan o halumigmig (*relative humidity*). Ang impormasyon na ito ay tinatawag na **Heat Index** at ito ay matutukoy gamit ang Heat Index Chart na nasa kanan.

Mula Marso hanggang Mayo, ang DOST-PAGASA ay nagbibigay ng *Heat Index monitoring and forecast information* na makikita online sa sumusunod na URL:

<http://bagong.pagasa.dost.gov.ph/climate/climate-heat-index>

Important survival information about heat-related illnesses*:

Causes :

- Prolonged exposure to hot temperatures
- Exhausting activities in a warm weather
- Age (the elderly and infants)
- Weak immune system
- High humidity
- Obesity
- Chronic alcoholism

Symptoms :

- Sweating heavily
- Exhaustion or fatigue
- Dizziness or light headedness
- Blacking out or feeling dizzy when standing
- Weak but fast pulse
- Feeling of nausea
- Vomiting

Prevention :

- Limit the time spent outdoors
- Drink plenty of water
- Avoid tea, coffee, soda and liquor
- Wear umbrellas, hats, and sleeved clothing outdoors
- Schedule heavy-duty activities for the beginning or end of the day, when it's cooler

Emergency response:

- Move the person to a shady spot and lie him/her down with legs elevated. If conscious have them sip cool water.
- Remove clothing, apply cool water to the skin and provide ventilation.
- Apply ice packs to the armpits, wrists, ankles, and groin.
- Bring to a hospital immediately

Sources:

* 1) Health Advisory on Heat Stroke. Department of Health; 2) <https://www.webmd.com/first-aid/understanding-heat-related-illness-basics>; Steadman, R. G. (1979). The Assessment of Sultriness. Part I: A Temperature-Humidity Index Based on Human Physiology and Clothing Science, *Journal of Applied Meteorology and Climatology*, 18(7), 861-873. Retrieved Mar 2, 2022, from https://journals.ametsoc.org/view/journals/apme/18/7/1520-0450_1979_018_0861_taospi_2_0_co_2.xml

Heat Index Chart

Temperature (°C)	0	10	20	30	40	50
50	42	49				
48	41	47	50			
46	41	45	49			
44	40	44	47			
42	39	43	46			
40	38	42	45	48		
38	37	40	44	46		
36	36	39	42	45	47	54
34	35	38	41	43	45	51
32	34	37	40	42	44	49
30	33	35	37	40	44	48
28	32	34	36	38	41	46
26	31	32	35	37	39	43
24	30	31	32	34	36	38
22	29	30	31	33	34	36
20	28	29	30	31	33	35
18	27	28	29	30	31	32
16	26	27	28	29	30	31
14	25	26	27	28	29	30
12	24	25	26	27	28	29
10	23	24	25	26	27	28
8	22	23	24	25	26	27
6	21	22	23	24	25	26
4	20	21	22	23	24	25
2	19	20	21	22	23	24
0	18	19	20	21	22	23
-2	17	18	19	20	21	22
-4	16	17	18	19	20	21
-6	15	16	17	18	19	20
-8	14	15	16	17	18	19
-10	13	14	15	16	17	18
-12	12	13	14	15	16	17
-14	11	12	13	14	15	16
-16	10	11	12	13	14	15
-18	9	10	11	12	13	14
-20	8	9	10	11	12	13
-22	7	8	9	10	11	12
-24	6	7	8	9	10	11
-26	5	6	7	8	9	10
-28	4	5	6	7	8	9
-30	3	4	5	6	7	8
-32	2	3	4	5	6	7
-34	1	2	3	4	5	6
-36	0	1	2	3	4	5
-38	0	1	2	3	4	5
-40	0	1	2	3	4	5
-42	0	1	2	3	4	5
-44	0	1	2	3	4	5
-46	0	1	2	3	4	5
-48	0	1	2	3	4	5
-50	0	1	2	3	4	5

Effect-based classification

27–32°C
Caution

33–41°C
Extreme Caution

42–51°C
Danger

52°C and beyond
Extreme Danger

Note: heat index values adapted from Steadman, 1979; classification threshold adapted from National Weather Services, National Oceanic and Atmospheric Administration (NWS-NOAA).

Payong PAGASA sa tag-init

Effect on the body

Fatigue is possible with prolonged exposure and activity. Continuing activity could lead to heat cramps.

Heat cramps and heat exhaustion are possible. Continuing activity could lead to heat stroke.

Heat cramps and heat exhaustion are likely; heat stroke is probable with continued exposure.

Heat stroke is imminent.