

Behaviour before a heatwave

1. Prepare **light**, bright, loose-fitting cotton **clothing**.
2. Purchase **sunscreen**, e.g. thanakha.
3. Ensure sufficient **drinking water** for each family member (at least 2 litres per person per day).
4. Set up a **cooling area** at home (e.g. a well-ventilated or cooled place).
5. Install **curtains** or sunshades on your **windows**.
6. Install **ceiling fans** to improve air circulation.
7. **Inform** your **family members** about the measures. Teach them what to do before, during and after a heatwave. Also inform your **neighbours** about the **measures** and work together.
8. Find out about your local **emergency numbers** and facilities, e.g. health services, fire stations, hospitals.
9. Follow **weather** reports and **warnings** on the radio, television, your mobile phone or in the newspaper.

Behaviour during a heatwave

1. Avoid **strenuous work** and take it easy during the hottest times of the day (12-4 pm).
2. Wear **light-coloured, loose-fitting cotton** clothing.
3. **Avoid protein-rich foods** and **meat**. Eating these foods can increase your body's heat production.
4. **Drink plenty of water** and make sure you stay hydrated. Make sure that **elderly people** and **children** drink enough.
5. Find a **cool place** (e.g. green spaces, water bodies) or go to a public place such as a library or shopping centre that has air conditioning.
6. **Avoid** too much **sun**. Sunburn makes it harder for your body to cool down. Protect yourself from sunburn (with **sunscreen** such as thanakha). Also use a **hat** or an **umbrella**.
7. **Be especially careful in cars**. Cars heat up extremely quickly. You should never stay in a parked car with the windows closed.
8. **Never leave anyone** in a **parked car**, such as **children** or **pets**.
9. Help others, especially **elderly people**, those with chronic illnesses and children.
10. **Limit** the use of heat-generating **appliances**.
11. Limit your **outdoor activities**.
12. Put **curtains** on your windows.
13. Turn on the **ceiling fan** in the room you are in to promote air circulation.

14. **Avoid** frequent **showers**, as your body will warm up again afterwards and you could become ill.
15. **Follow the news** and weather forecasts from reliable sources (e.g. DMH) and pass on the information to others. Do not believe rumours and do not spread them.
16. In an emergency, dial the **fire services departments' emergency numbers** (see below).
17. Further information on heatwaves can be found at <https://www.mohs.gov.mm>

Behaviour after a heatwave

1. **Continue to drink** plenty of water and electrolyte drinks to rebalance your body.
2. **Ventilate rooms** and **your home** by opening windows and doors when temperatures drop.
3. Switch on **ceiling fans** to promote air circulation.
4. If you **feel unwell**, contact **a health service**.

Emergency numbers:

Police Department	199, Yangon: 01 549309
Fire Services Department	191, Yangon: 01 252011
Ambulance (YGH)	01 8256112

Publishers of the pamphlet

Yangon City Development Committee
Urban Planning Department
www.ycdc.gov.mm



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StEB Köln
Flood Control Centre
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Recommendations for heatwaves



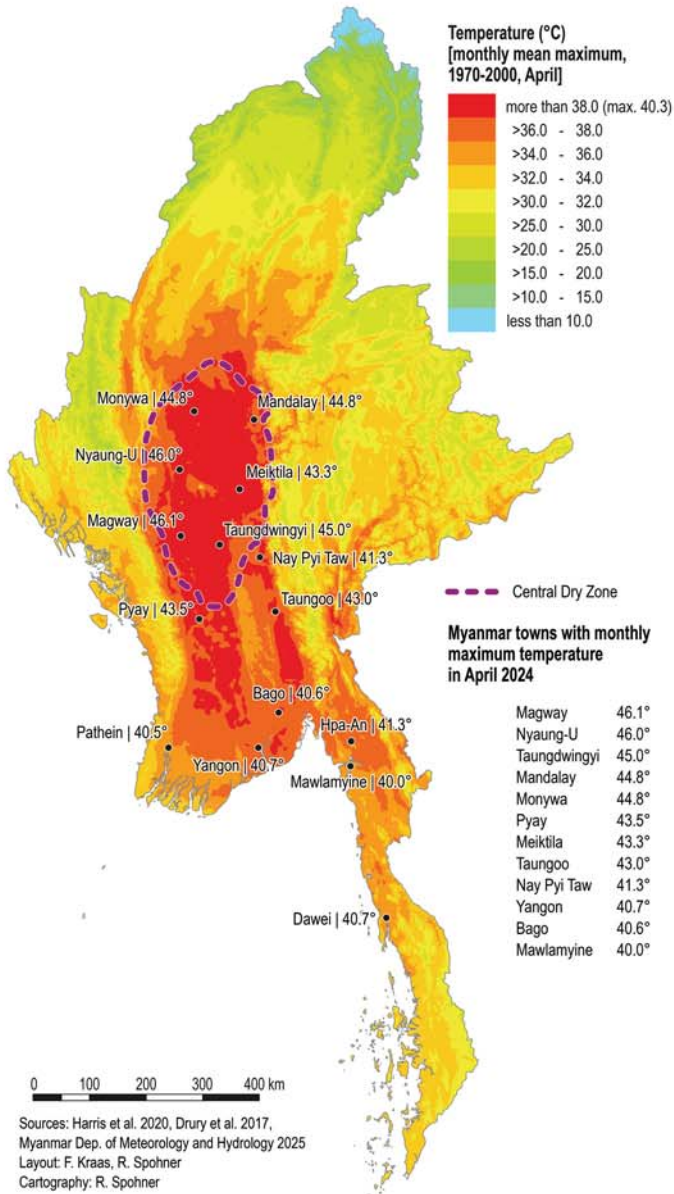
Photo: Su

Risk profile of Myanmar

Myanmar is exposed to a variety of hazards. These include earthquakes, tropical cyclones, floods, landslides, droughts, heatwaves and fires. In April 2024, some cities and towns in Myanmar's dry zone recorded the highest temperatures in the country at 48.2 °C. It is very likely that temperatures across Myanmar will continue to rise in the future. It is therefore **important to take precautions**. This flyer contains information on what to do in the event of a **heatwave**.

What is a heatwave?

A heatwave is a period of unusually hot weather that often lasts for several days. For it to be considered a heatwave, temperatures must be above the historical average for a particular area. Heatwaves are serious weather phenomena that can be very dangerous.



Recorded high temperatures in Myanmar

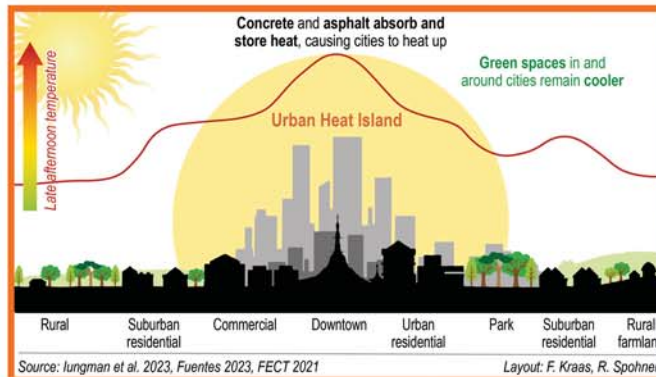
Station	Date of New Record	New Maximum		Date of Old Record	Old Maximum	
		(°C)	(°F)		(°C)	(°F)
Chauk	28/04/2024	48.2	118.8	06/04/2024	47.4	117.3
Nyaung Oo	28/04/2024	46.0	114.8	06/04/2024	45.2	113.4
Sagaing	28/04/2024	45.5	113.9	06/04/2024	44.2	111.6
Tada U	28/04/2024	45.5	113.9	06/04/2024	44.3	111.7
Taungdwingyi	28/04/2024	45.0	113.0	06/04/2024	44.9	112.8
Mandalay	28/04/2024	44.8	112.6	06/04/2024	44.0	111.2
Zaung Tu	28/04/2024	43.1	109.6	06/04/2024	43.0	109.4

Source: Department of Meteorology and Hydrology (2024)

How does a heatwave occur

Heatwaves occur when a high-pressure area in the upper atmosphere intensifies and remains over a region for several days to weeks. This is known as a blocked weather pattern. It means that heat remains trapped near the Earth's surface. Heatwaves can usually be predicted, allowing authorities to issue warnings in good time.

Heatwaves in Myanmar occur most frequently in the pre-monsoon season (March, April, May).



Potential hazards

Effects on human health

● Due to increased body temperature and **overheating** (hyperthermia), **heat cramps**, **heat exhaustion** and **heat fatigue** can occur, as well as more serious conditions such as **heatstroke**.

Heatwaves can kill people. Pregnant women, children, older people (over 60) and people with chronic illnesses (e.g. diabetes, heart problems) are particularly at risk.

Impact on society and the economy

- **Water scarcity** can lead to a decline in productivity and disruptions in agriculture (lower crop yields) and industrial processes.
- Damage to **transport infrastructure** (e.g. concrete fractures), such as roads, buildings and power lines.
- Heatwaves contribute to an increase in **electricity demand** (e.g. due to increased use of air conditioning).
- Heatwaves can lead to **drought** and increase the risk of bush and forest **fires**.
- **Animals** can also be at risk. Give them **enough water**.

Long-term prevention measures

1. **Green and blue spaces** should be preserved as natural cooling areas.
2. **Trees and plants** that cast shade directly on your homes should be planted more frequently.
3. **Green or cool roofs** and facades should be built.
4. Replace normal paving stones with **cooling paving stones** (e.g. marble or with white colour).
5. Reduce **car traffic** and unnecessary **air conditioning**.

