

## Extreme Heat Alert for Mandera Eastern

**Affected Area:** Mandera (Mandera County)

**Alert Impact:** Increased risk of heat exhaustion and heatstroke, especially for the elderly, children, and those with chronic illnesses. Potential for dehydration and heat-related illnesses. Increased stress on livestock and wildlife. Possible power outages due to increased energy demand.

### Recommended Actions:

- Stay indoors: Limit outdoor activities, especially between 10:00 AM and 4:00 PM.
- Stay hydrated: Drink plenty of water and avoid sugary drinks and alcohol.
- Wear light clothing: Choose loose-fitting, light-colored clothing.
- Seek cool places: Spend time in air-conditioned spaces or take cool showers/baths.
- Check on vulnerable individuals: Monitor the elderly, children, and those with health conditions.
- Avoid strenuous activities: Reduce physical activity during the hottest hours.
- Protect yourself from the sun: Wear sunscreen, a hat, and sunglasses.

**Nature of Alert:** Heatwave Alert

**Date Issued:** November 11, 2024

**Severity Level:** Elevated

### Emergency Contacts:

- Mandera County Health Department: [Insert Contact Information]
- Kenya Meteorological Department: [Insert Contact Information]
- Kenya Red Cross: [Insert Contact Information]