

**Response Guidelines** (Health Sector - General Public)

**Attention**

- Heat-related illnesses may occur. Stay hydrated and avoid intense outdoor activities during the day.
- Heat-related illnesses may occur. Wear light clothing and carry a parasol, hat, and water bottle when going outside.
- Food poisoning may occur. Ensure that food is fully cooked and stored below 10°C.
- Food poisoning may occur. Reheat previously cooked food before consuming.
- Food poisoning may occur. Wash your hands thoroughly and handle food with care.

**Caution**

- Heat-related illnesses are likely to occur. Avoid intense exercise or outdoor activities.
- Heat-related illnesses are likely to occur. Drink fluids with electrolytes and rest every 30 minutes during outdoor activities.
- Heat-related illnesses are likely to occur. Wear light clothing and carry a parasol, hat, and water bottle when going outside.
- Clean and disinfect cooking utensils to prevent bacterial contamination and be mindful of food poisoning.
- Food poisoning is likely to occur. Check the expiration dates and storage methods of food.

**Warning**

- Heat-related illnesses are very likely to occur. Avoid outdoor activities and rest between noon and 5 p.m.
- Heat-related illnesses are very likely to occur. Drink plenty of fluids with electrolytes and avoid outdoor activities or going outside.
- Heat-related illnesses are very likely to occur. Call 119 if you experience persistent symptoms such as dizziness, nausea, or headache.
- Heat-related illnesses are very likely to occur. Eat light meals and drink plenty of water.
- Food poisoning is likely to occur. Seek medical attention if you develop suspicious symptoms of food poisoning such as bloody stool or high fever.

**Danger**

- Heat-related illnesses are extremely likely to occur. Avoid outdoor activities between noon and 5 p.m.
- Heat-related illnesses are extremely likely to occur. Call 119 if you experience persistent symptoms such as dizziness, nausea, or headache.
- Heat-related illnesses are extremely likely to occur. Call 119 if you experience symptoms of heatstroke such as vomiting or high fever.

**Four Ways to Protect Yourself from Heat Waves**



1 Drink plenty of water.



2 Find cool shade.



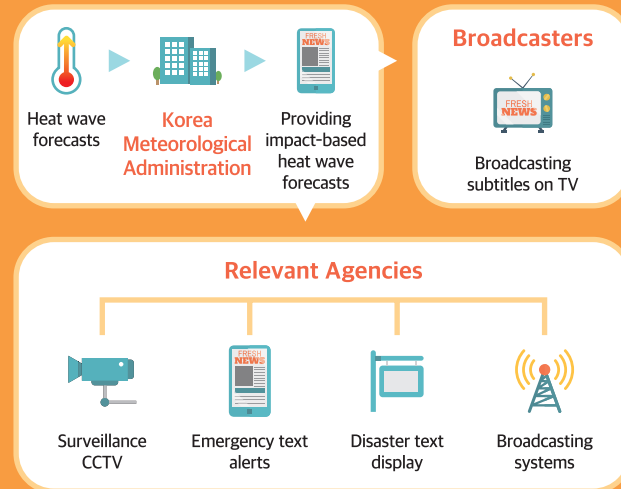
3 Take regular breaks.



4 Stay informed of heat wave forecasts.

**Diverse Impact-Based Heat Wave Forecast Communication**

The KMA, the relevant agencies, and broadcasters collaborate to deliver impact-based heat wave forecasts through various channels.



What Color

Will Tomorrow's

Heat Be?

**Impact-Based Heat Wave Forecasts**

An impact-based heat wave forecast is issued at 11:30 a.m. the day before the impact of a heat wave is expected to reach the attention level or above for the general public in the health sector.

# Heat Wave

Defined as “extremely severe heat,” synonymous with intense or scorching heat

## Heat Wave Advisory and Warning

Issued based on the apparent temperature (from May 15, 2023)

### Heat Wave Advisory

- Issued when the **highest daily apparent temperature** is expected to be **33°C** or higher for two days or more.
- Issued when a rapid increase in apparent temperature or prolonged heat wave is expected to cause significant damage.

### Heat Wave Warning

- Issued when the **highest daily apparent temperature** is expected to be **35°C** or higher for two consecutive days.
- Issued when a rapid increase in perceived temperature or prolonged heat wave is expected to cause significant damage over a wide area.

\* Apparent Temperature: The temperature people feel, considering humidity and wind. Both temperature and humidity are considered during the summer months (May to September).

## Impacts of Heat Waves



Heat-related illnesses such as heatstroke, heat exhaustion, etc.



Damage to livestock, fish, and crops



Power outages, fires, etc.

## Groups Especially at Risk



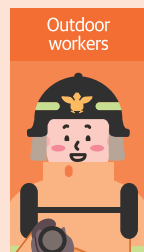
Elderly



Infants and young children



Individuals with chronic illnesses

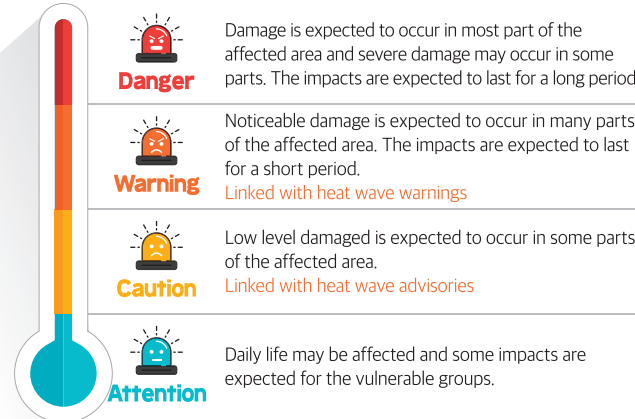


Outdoor workers

## What Is an Impact-Based Heat Wave Forecast?

Considering the social and economic impacts of heat waves, impact-based heat wave forecasts categorize risk levels of heat waves into four levels (**Attention, Caution, Warning, and Danger**) providing specific **response guidelines by sector** (six sectors, including health) to prevent heat wave damage.

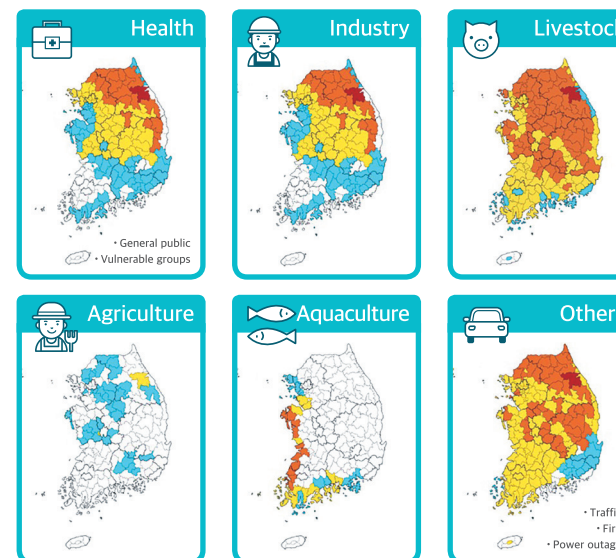
### Risk Levels



### Sectors Covered

The heat wave risk levels are provided differently depending on the target sectors.

#### Examples of Provided Information



## What Color Will Tomorrow's Heat Be in Our Area?



### How to Check the Impact-Based Heat Wave Forecasts

1 Visit the Korea Meteorological Administration (KMA) website



2 Use the KMA Weather App



Check the impact-based heat wave forecasts at 11:30 a.m. for your health and safety tomorrow!

## Methods of Information Provision

Recipients	Access Options	Provided Information
General Public	<ul style="list-style-type: none"> <li>• KMA Weather website (PC/Mobile)</li> <li>• KMA Weather App</li> </ul>	Risk level and impact information for areas of interest
Disaster Management Personnel	<ul style="list-style-type: none"> <li>• Meteorological Information Portal System for Disaster Prevention (<a href="http://afso.kma.go.kr">http://afso.kma.go.kr</a>)</li> </ul>	Distribution of risk levels and impact information for all sectors within the responsible area

\* The service is being expanded through various channels, such as SMS, subtitled broadcasts, and voice service.