

Areas Affected	Warning	Impact	Suggested Actions
Mohales Hoek Qachas nek Quthing Mokhotlong	Maximum Temperatures are projected to be near the long term average	Moderate health concern for vulnerable people e.g. infants, elderly, people with chronic diseases	Avoid heat exposure. Wear lightweight, light-colored, loose, cotton clothes. Cover your head:Use a cloth, hat or umbrella
Butha Buthe Leribe Thaba Seka	Maximum Temperatures are projected to be above the long term average by up to 2 Deg. C	likelihood of heat illness from prolonged exposure to the sun, or from doing heavy work.	Avoid heat exposure - keep cool. Avoid dehydration. Drink sufficient, water- even if not thirsty, to keep hydrated
Berea Maseru Mafeking	Maximum Temperatures are projected to be above the long term average by more than 4 Deg. C	Likelihood of heat illness or stroke in all ages	Take extreme care Avoid strenuous work, even in the shade