What is heatwave?

You have to take certain preventive measures to avoid heat stroke.

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The **canicular period** , also known as **‘canicula’** , is a **climatic phenomenon** in which **the temperature increases** to 40 degrees Celsius **and the rains decrease** because the wind comes from the East prevents the formation of clouds over the ocean.

Normally, it occurs after the summer solstice, so in the Mexican Republic **the heatwave takes place between the months of July and August** , with a **duration of 40 days** . But, its beginning or end may vary due to atmospheric conditions, the dates may be traversed.

The states that are most affected by the heatwave in the country are : Campeche, Colima, Chiapas, Guerrero, Hidalgo, Michoacán, Morelos, Nuevo León, Oaxaca, Puebla, Quintana Roo, San Luis Potosí, Tabasco, Tamaulipas, Tlaxcala, Veracruz and Yucatan.

You have to take certain preventive measures to avoid heat stroke , for example: maintain good hydration, avoid prolonged periods in the sun, use sunscreen, Use light-colored, light and loose clothing as well as articles that protect you from the sun (hats or umbrellas).

The word **derives from “canes”** , which means “dogs”, and its allusion to the phenomenon of abrasive heat has an astronomical basis, since **it refers to the constellation of**

Canis Major (Canicula) and its star Sirius “La Abrasadora” . whose first appearance on the horizon coincided with the phenomenon of excessive heat.

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