

# Climate-Health Report

Generated on 15/11/2025

## Personal Information

Name: alok2  
Location: Nigdi  
Report Type: DAILY

## Risk Assessment Summary

Overall Risk Score: 53/100

Risk Level: MODERATE

## Key Risk Factors:

1. High UV

## Detailed Risk Analysis

### Environmental Conditions:

Temperature: 26.61°C

Air Quality Index: 200

UV Index: 7.91

Humidity: 29%

Conditions: clear sky

### Risk Breakdown:

Heatwave Risk: 20/100

Air Quality Risk: 60/100

UV Exposure Risk: 70/100

Disease Risk: 60/100

## Personalized Recommendations:

### 1. [HIGH] Air Quality

Sensitive groups should limit outdoor activities. Consider wearing a mask.

### 2. [LOW] Sustainable Living

Use public transport or carpool to reduce emissions and improve air quality.

## Daily Health Tips

- Ø=Ü§ Stay hydrated - Drink at least 8-10 glasses of water daily
- Ø<ßÃ Exercise wisely - Choose indoor activities during high-risk periods
- Ø<ß1 Eat fresh - Include seasonal fruits and vegetables in your diet
- Ø=Þ4 Rest well - Ensure 7-8 hours of quality sleep
- Ø>ÝØ Manage stress - Practice meditation or yoga regularly
- Ø<ß Be eco-friendly - Reduce carbon footprint with sustainable choices

Disclaimer: This report is for informational purposes only and should not replace professional medical advice.  
Consult a healthcare provider for personalized medical guidance.

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