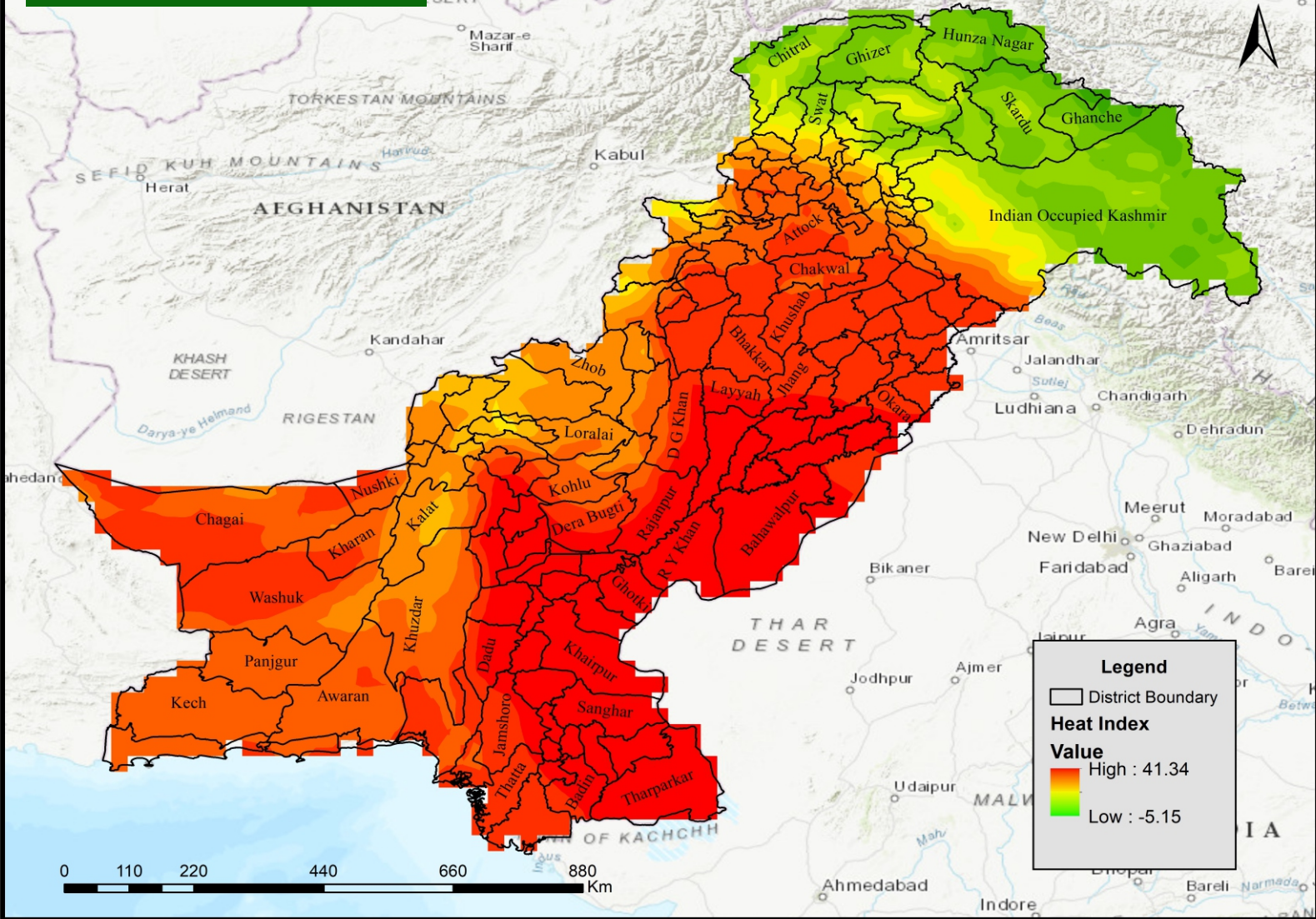




HEATWAVE ALERT



Heatwave Projected Map



Projection

- A severe Heatwave is expected in the mentioned districts from **may to june, 2025** with Heat index likely to soar above 41°C.

Exposed Districts

- Rajanpur, Bhakkar, Khusab, Jhang, Chiniot, Sargodha, Okara and surrounding areas in Punjab while Dadu, Khairpur, Sukkur, Jafarabada, Jamshoro, Naushahro Feroze and surrounding areas in Sindh.

Essential Heatwave Precautions

- Drink plenty of water and other fluids to stay hydrated, especially during outdoor activities.
- Try to avoid outdoor activities during the hottest part of the day (11am-3pm).
- Check on vulnerable individuals, such as the elderly and children, to ensure their safety and well-being.

Lead Responders

- Health Departments
- PDMA's (Provincial Disaster Management Authorities)
- NGOs and INGOs
- Ambulance services (Chhipa, Edhi etc)