



No. F.2 (E)/2023-NDMA (MW/ Summers Guidelines)  
Government of Pakistan  
Prime Minister's Office  
National Disaster Management Authority (NDMA)  
Islamabad



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Subject: Guidelines for Summers 2023

With onset of summer season; heatwaves, forest fires and GLOF events can be expected across the country in respective hazard prone areas. Based on the vulnerability of different regions, the impacts can vary, hence requiring requisite preparations by respective disaster management authorities, rescue agencies, line departments and local administrations.

2. Apropos, all PDMA/ SDMA/ GBDMA/ ICT administration, health departments, line departments, rescue agencies/ responders/ USAR teams, Armed Forces and federal departments/ Ministries are required to undertake pro-active measures to ensure timely preparations and response against likely hazards. Following guidelines are proffered:-

a. Heatwave

- (1) PDMA/ SDMA/ GBDMA/ ICT administration in collaboration with DDMA/ Local administration to carryout extensive awareness campaign for sensitizing public of likely dangers associated with heatwave like conditions and associated preventive measures.
- (2) Ministries, departments and local administration to undertake required measures for protecting children from exposure of heatwave conditions in education institutes.
- (3) Identification of high-risk areas and establishment of heatstroke treatment centers with required doctors/ paramedic staff and water.
- (4) MoNHSR&C to issue necessary instructions to all concerned for enhancing departmental and hospital capacities to manage heatwave conditions.
- (5) Individual Measures
  - (a) Remain hydrated; drink sufficient quantity of water, keep a drinking water bottle for regular intake.
  - (b) Stay cool; avoid exposure to direct sunlight and crowded spaces.
  - (c) Remain informed; keep track of local weather conditions to avoid exposure to extreme conditions.
  - (d) Consult physician; in case of any signs of illness consult a qualified physician to seek expert medical advice.

- (e) Plan work/ exercise/ outdoor activities; manage work timeline according to weather conditions and avoid unnecessary exposure to heatwave like conditions.
- (f) Special attention and care of elderly and people with underlying health conditions must be ensured.

(6) **Vehicle Fitness**

- (a) Plan move/ travel; vehicles and humans both can be adversely affected due to heatwave like conditions, ensure that move/ travels are planned to avoid unnecessary exposure to heat/ sun.
- (b) Long distance moves; in hot summer days are strenuous on vehicles due to requirement of air-conditioning and extra-heated road surface.
- (c) Fitness of vehicles during summers must be ensured due to extra stress on engine and tyres. Get vehicles checked from a mechanic and ensure that oils/ fluids and tyre conditions are appropriate before making any travel plans.

b. **Forest and Urban Fires**

- (1) Carryout immediate risk/ vulnerability assessment of respective regions to identify fire prone sites/ areas.
- (2) Expedite work of preparation and mitigation measures in respective areas:-
  - (a) Forests; creation of fire lines/ lanes, ditches, clearance of dry foliage, dry grss, planning and executing controlled fires. All measures in line with SOPs of forest department must be ensured.
  - (b) Buildings/ warehouses/ storage facilities; fire drills, fitness of equipment, readiness of water supply/ replenishment points, checking and refilling of fire extinguishers. All measures in line with building/ warehouse/ storage facility safety codes must be ensured by concerned administration and checked by concerned government department/ authority.
- (3) Engage local communities at fire prone sites to enable round the clock monitoring and feedback mechanism for early warnings and alerts for at-risk population and assets, (areas in vicinity of forests and high-rise buildings/ storage facilities/ warehouses etc).

- (4) Organize forest/ urban fire mock exercises for both departmental preparedness and combined exercises with all stakeholders for readiness of men and machinery/ equipment.
- (5) Local administration to assess and plan deployment of additional resources in coordination with forest department and building management.

c. **GLOF**

- (1) Carryout immediate risk/ vulnerability assessment of respective regions to identify possible GLOF sites/ areas in addition to already identified locations.
- (2) Ensure round the clock monitoring mechanism/ arrangements through all possible means/ resources, especially involving the local communities for immediate dissemination of early warnings.
- (3) Mass awareness campaign for general public on GLOFs in at risk areas covering following aspects: -
  - (a) Avoid unnecessary movement in such areas, especially across nullahs/ streams and rivers.
  - (b) High risk associated with exponential rise of flow/ discharge, which can result in washing away of houses, infrastructure, vehicles, humans and livestock.
  - (c) Alerting general masses living in low-lying areas to exercise extra caution including community-based alert system.
  - (d) Evacuation plan of at-risk community and conduct of evacuation drills.
- (4) LEAs/ Traffic Police to advise travelers regarding likely situations / dangers and safety measures.

d. **General Instructions**

- (1) Energize existing local administration/ DDMA's and line department-based monitoring and reporting mechanism in vulnerable areas.
- (2) Coordinate with concerned departments (NHA, FWO and C&W) for restoration of roads in case of any blockage / obstruction / closures and preplacing of necessary emergency equipment at vulnerable / strategic locations.
- (3) Local Administration / Police / Rescue Services to alert population residing in low lying areas.

- (4) Activate the forward tourist/ traveler's facilitation centers in respective regions.
- (5) Coordinate with local hotel and transport associations for facilitating travels, tourists and locals in case of emergency.
- (6) Travelers and tourists be forewarned about likely risks posed at vulnerable locations based on likely hazards.
- (7) Plan and conduct field visits/ reconnaissance by all stakeholders; including members of local administration, line departments/ C&W, Rescue 1122/ USAR teams and Armed Forces/ CAFs/ Levis for updated orientation and situational awareness.
- (8) Establishment of EOCs at district and province level for continuous monitoring of situation.

3. Forwarded for necessary action, please.



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