



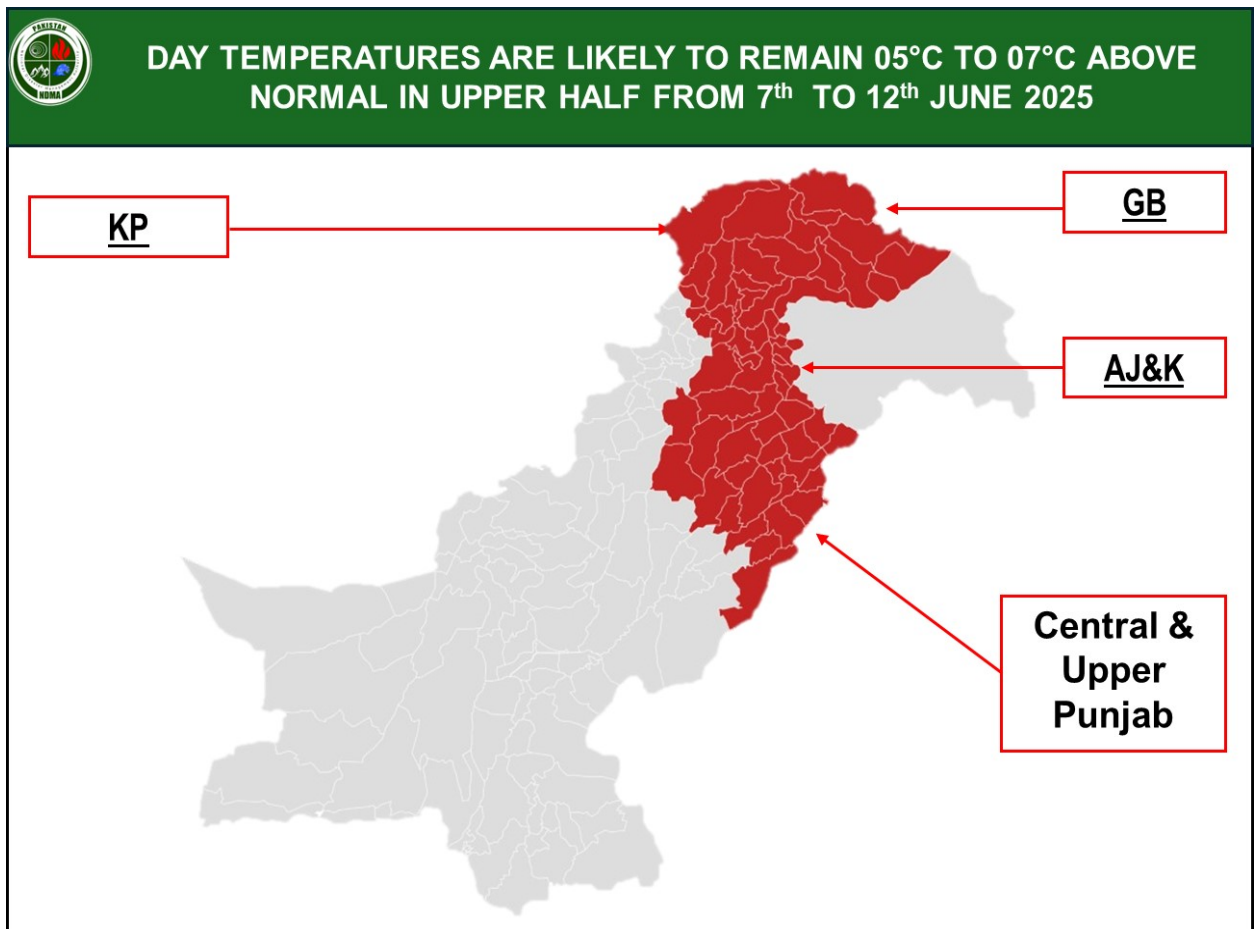
F.2(E)/2025-NDMA (MW/Heatwave Advisory)
Government of Pakistan
Prime Minister's Office
National Disaster Management Authority (HQ)
 Main Murree Road Near ITP Office, Islamabad

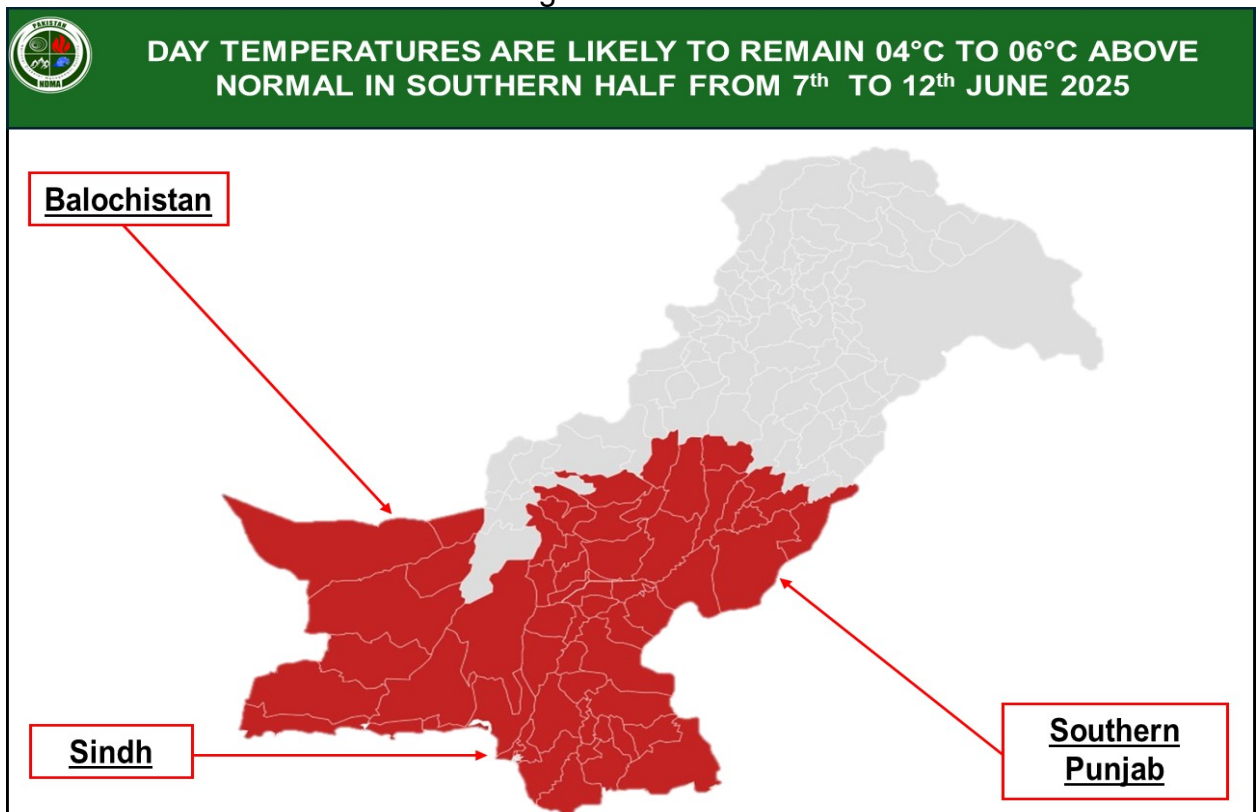
Dated: **5 June 2025**

Subject: **SEVERE HEATWAVE PREDICTED DURING EID HOLIDAYS AND COMING WEEK**

A **high pressure** is likely to develop over the country on **7th June 2025** and is expected to grip most parts from **8th June 2025**. Under the influence of these meteorological conditions:-

- Day temperatures are likely to remain **05°C to 07°C above normal** in upper half (**central & upper Punjab, Islamabad, Khyber-Pakhtunkhwa, Kashmir, Gilgit-Baltistan**) from **7th to 12th June 2025**.
- Day temperatures are likely to remain **04 to 06°C above normal** in southern half (**upper and central Sindh, southern Punjab and parts of Balochistan**) from **7th to 12th June 2025**.
- Dust-storm/gusty-winds are expected over the plains of the country due to excessive heating.





2. All **PDMAs, SDMA, GBDMA, ICT Administration, Health Departments, Line Departments, Rescue Agencies/ Responders/ USAR Teams, Armed Forces** and **Federal Ministries/ Departments** are advised to undertake **proactive and timely measures** to prepare for and respond to the **anticipated heatwave conditions** in light of the current climate situation. The following guidelines are issued for adoption and implementation:

a. **Institutional Measures**

- (1) **PDMAs**, in coordination with **DDMAs and local administration**, should launch extensive **public awareness campaigns** highlighting the dangers of heatwaves and promoting preventive measures.
- (2) **Ministries, provincial departments and educational authorities** must implement steps to **protect children** in schools from exposure to heatwave conditions, including schedule adjustments or temporary closures if necessary.
- (3) **Identification of high-risk areas** and establishment of **heatstroke treatment centers** equipped with medical staff, basic treatment equipment and water supplies.
- (4) The **Ministry of National Health Services, Regulations & Coordination (MoNHSR&C)** should issue directives to **enhance hospital and departmental capacities** for managing heat-related emergencies.
- (5) **PDMAs**, in collaboration with local authorities, must **develop emergency response protocols** to address heatwave incidents effectively and efficiently.

- (6) **Educational institutions, NGOs and community organizations** should educate students and local communities on **recognizing heatstroke symptoms**, emergency procedures and how to access medical support.
- (7) PDMA/ DDMA/ Local Administrations should **stockpile emergency supplies**, including **first aid kits, ORS/ electrolyte drinks, cooling aids, water dispensers** and ensure availability in strategic urban and rural locations.
- (8) Establish robust communication channels to **disseminate timely alerts, weather updates** and information regarding **emergency shelters, cooling centers and medical assistance resources**.
- (9) Collaborate with stakeholders to **set up cooling centers** in **densely populated and underprivileged areas** for people without access to air conditioning.
- (10) **PMD and NDMA Tech Team** must continuously **monitor heatwave trends and intensities**, ensure accuracy in forecasting and share updates with relevant authorities.
- (11) **PDMA KP and GBDMA** are to closely monitor **GLOF-vulnerable sites**, particularly in **Northern and glaciated regions**, as the ongoing heatwave may trigger **Glacial Lake Outburst Flood (GLOF)** incidents.
- (12) Emergency Services (**Rescue 1122/ Fire Brigades**), **Forest Department** and **Local Administration** to remain alert against possible **forest and urban fire** and undertake preventative measures against fires where possible.

b. **Individual Preventive Measures**

- (1) Stay **well-hydrated**; carry and drink plenty of clean water throughout the day.
- (2) Avoid **direct exposure to sunlight**, especially during peak hours (**11:00 AM to 4:00 PM**).
- (3) Keep **informed of local weather conditions** through reliable media or mobile applications.
- (4) Use **curtains, shades, or blinds** to reduce indoor heat from sunlight.
- (5) Place **fans near windows** during nighttime to improve ventilation and indoor cooling.
- (6) Install **green shades** outside windows to naturally lower indoor temperatures.
- (7) Use **reflective materials (e.g., aluminum foil)** on windows to deflect sunlight and reduce indoor heat.

- (8) Promote the use of appropriate **protective measures**, such as **lightweight, loose-fitting** and **light-colored clothing**, along with **SPF** and **hats**.
- (9) In case of **symptoms** like **dizziness, nausea**, or **weakness**, **consult a doctor immediately**.
- (10) Plan outdoor work or **physical activity** during **cooler parts of the day** and avoid unnecessary travel.
- (11) Give **special attention to the elderly, infants** and **those with pre-existing health conditions**.
- (12) **Farmers** are advised to manage their **crop activities** keeping in view the **weather conditions** and take care of their **livestock** as well.

c. **Vehicle Safety and Travel Precautions**

- (1) **Plan all travel carefully**; avoid moving during peak heat hours when possible.
- (2) Avoid **long-distance travel** during extreme heat unless necessary. **High temperatures** increase strain on vehicle systems.
- (3) Ensure **vehicle fitness** by checking **engine fluids, air-conditioning systems, tyre pressure and battery levels**. Get vehicles inspected by a mechanic prior to summer travel.


d. **Additional Recommendations**

- (1) Encourage local cable operators and media to run **heatwave awareness messages and health tips**.
- (2) Coordinate with **WASA/ municipal bodies** to ensure **uninterrupted water supply** in heat-prone localities.
- (3) Encourage mosques, community centers and public institutions to serve as **temporary cooling shelters**.
- (4) Ensure **hydration corners or water booths** at major public gathering points **such as markets, bus terminals and parks**.

3. In case of any eventuality, routine updates will be shared with NDMA.

4. **Press Information Department Only**. With the request to ensure wider circulation and public awareness.

5. Forwarded for information/ necessary action, please.



(Ali Imran Sayed)

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Government of Pakistan
Ministry of Defence (Defence Division)
Pakistan Meteorological Department
National Weather Forecasting Centre
Sector: H-8/2, Islamabad.

NWFC-5(10A)/2017/119

Date: 05th June, 2025
Time: 12:00 PST

Severe Heatwave Alert:

Severe heatwave predicted during Eid holidays and coming week

Met office predicted that high pressure is likely to develop over the country on 07th June and is expected to grip most parts from 08th June. Under the influence of these meteorological conditions:

- Day temperatures are likely to remain **05 to 07°C above normal** in upper half (central & upper Punjab, Islamabad, Khyber-Pakhtunkhwa, Kashmir, Gilgit-Baltistan) **from 07th to 12th June.**
- Day temperatures are likely to remain **04 to 06°C above normal in southern half** (upper and central Sindh, southern Punjab and parts of Balochistan) **from 07th to 12th June.**
- Duststorm/gusty-winds are expected over the plains of the country due to excessive heating.

Possible Impacts and advice:

- **Due to severe heatwave conditions, general public especially children, women and senior citizens are advised to take precautionary measures.**
- **Avoid exposure to direct sun light during the day time and stay hydrated.**
- **Rising temperatures in northern areas may enhance snowmelt rate during the forecast period.**
- **Judicious use of water is requested in all fields of life.**
- **Farmers are advised to manage their crop activities accordingly.**

Note: All concerned authorities are advised to remain "ALERT" and take necessary measures to avoid any untoward situation due to severe heatwave conditions.

For latest weather updates please visit: <https://www.pmd.gov.pk/en/>

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Spokesperson
Ph: 051-9250363-4



NWFC-5(10A)/2017/119

Date: 05th June, 2025
Time: 12:00 PST

شدید ہیٹ ویلرٹ

عید کی تعطیلات اور آئینہ ہفتے کے دوران شدید گرمی کی لہر کی پیش گوئی

محکمہ موسمیات کے مطابق 07 جون سے ہوا کا زیادہ دباؤ ملک پر اثر انداز ہو گا اور 08 جون سے ملک کے بیشتر علاقوں کو اپنی لپیٹ میں لینے کا امکان۔ جس کے باعث:

- 07 سے 12 جون کے دوران ملک کے ہالائی علاقوں (وسطی/ہالائی پنجاب، اسلام آباد، خیبر پختونخوا، کشمیر، گلگت بلتستان) میں دن کا درجہ حرارت معمول سے 05 سے 07 ڈگری سینٹی گریڈ زیادہ رہنے کی توقع۔
- 07 سے 12 جون کے دوران ملک کے جنوبی علاقوں (ہالائی/وسطی سندھ، جنوبی پنجاب اور بلوچستان کے علاقوں) میں دن کا درجہ حرارت معمول سے 04 سے 06 ڈگری سینٹی گریڈ زیادہ رہنے کا امکان۔
- شدید گرمی کے باعث ملک کے میدانی علاقوں میں تیز/گرد آلود ہوا میں چلنے کی توقع۔

محکمہ اثرات اور احتیاطی تدابیر:

- گرمی کی لہر کی وجہ سے عوام الناس بالخصوص بچوں، عوامین اور بزرگ شہریوں کو احتیاطی تدابیر اختیار کرنے کا مشورہ۔
 - دن کے دوران دھوپ میں کم سے کم نکلیں۔ اور پانی کا زیادہ استعمال کریں۔
 - شبی علاقوں میں درجہ حرارت میں اضافہ برف پگھلنے کی شرح کو بڑھا سکتا ہے۔
 - زرعی کے کام شیوں میں پانی کے مناسب استعمال کی ہدایت۔
 - کاشت کار حضرات فصلوں کے معاملات مو کی حالات کے مطابق ترجیح دیں۔
- نوٹ:** تمام محلقہ اداروں کو ۱۱ لارٹ "سرپے اور شدید گرمی کی لہر کی وجہ سے کسی ناخوشگوار واقعہ سے بچنے کے لیے تمام ضروری اقدامات کرنے کی ہدایت کی جاتی ہے۔

تازہ ترین معلومات کے لئے <https://www.pmd.gov.pk/en/>

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تعمان (محکمہ موسمیات)

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