



F.2(E)/2026-NDMA (MW/Heatwave Advisory)
Government of Pakistan
Prime Minister's Office
National Disaster Management Authority (HQ)
 Main Murree Road Near ITP Office, Islamabad

MOST IMMEDIATEDated: **27 April 2026**Subject: **HEATWAVE CONDITIONS & WEATHER UPDATE**

As per PMD press release (**Annex-A**), regional and global weather conditions **ENSO & IOD** neutral conditions still persists and most of the global model suggests that **El-Niño** conditions are likely to emerge (**with 61% chances**) during **May-July**. The observed climate suggests that **May** and **June** are the **hottest month** during the year while **South Punjab, Upper Sindh, Southern/ Eastern Balochistan** are the heat prone areas of the country with temperatures **shoot sometimes** up to **52 °C** due to heatwave conditions. However normal temperature range in these areas is between **43 to 45 °C** in **May** and **June 2026**.

2. According to observational data, temperatures in these areas are **02 to 04 °C** above normal range now a days. A mild heat wave conditions are likely to develop in Southern parts from **29th April** to **3rd May 2026**. Upper parts of the country are likely to be affected by the Westerly wave from **27th (night)** to **29th April 2026** and **3rd** to **5th May 2026**. Due to Westerly wave, temperatures are likely to drop **02 to 04 °C** during the period.

3. All PDMA, 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) **PDMA**s, in coordination with **DDMA**s 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) **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) **PDMAs/ 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** shall 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.
- (13) **PMD/ PDMAs/ PDMA, SDMA, GBDMA, ICT Administration, Ministry of Health/ Provincial Health Departments** to ensure monitoring of temperatures and humidity levels and disseminate **weather advisories/ forecasts/ precautionary measures** for general **public**.
- (14) **PDMAs, SDMA, GBDMA, ICT Administration** and **health authorities** to develop Union Council level **Heatwave Response Units** to effectively, timely and locally respond to heatwave affected populations.

- (15) **PDMAs, SDMA, GBDMA, ICT Administration** to establish and maintain **Control Rooms** for information and coordination during heatwave season. It is imperative that relevant staff is trained in heat-related response and rehabilitation efforts.
- (16) Provide support and resources to **vulnerable populations**, such as the **homeless** and **low-income individuals**, to ensure they have access to **adequate shelter** and **hydration** during heat waves.
- (17) Ministry of Information and Broadcasting to raise heat health awareness campaigns in the country before summer season.
- (18) **Health authorities** and **PDMAs, SDMA, GBDMA, ICT Administration** to educate public on the early signs and symptoms of dehydration and subsequent evolving signs and symptoms of heat/ sun stroke including muscle cramps, nausea, committing, light-headedness and heart palpitations.
- (19) **Agriculture/ Irrigation departments** to advise farmers to manage crop water responsibly and harvest wheat as required.
- (20) **Provincial Forest Departments/ Public Health Engineering (PHE)/ Housing & Urban development (HUD)** to encourage green spaces by planting shade trees in cities.
- (21) Limit outdoor work and encourage employers to provide appropriate protective measures for outdoor workers.

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 **(10:00 AM to 5:00 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) 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 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**.

4. In case of any eventuality, routine updates will be shared with NDMA.
5. For public awareness, the NDMA has issued heatwave pictorial guidelines (**Annex-B**).
6. **Press Information Department Only**. With the request to ensure wider circulation and public awareness.
7. Forwarded for information/ necessary action, please.



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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)/2017/163

Date: 27th April, 2026
Time: 16:00 PST

[Press release:](#)

Heatwave conditions & weather update

According to regional and global weather conditions ENSO & IOD neutral conditions still persists and most of the global model suggests that El-Niño conditions are likely to emerge (with 61% chances) during May-July. The observed climate suggests that May and June are the hottest month during the year while south Punjab, upper Sindh, southern/eastern Balochistan are the heat prone areas of the country with temperatures shoot sometimes up to 52 °C due to heatwave conditions. However normal temperature range in these areas is between 43 to 45 °C in May and June.

According to observational data, temperatures in these areas are 02 to 04 °C above normal range now a days. A mild heat wave conditions are likely to develop in southern parts from 29th April to 03rd May. Upper parts of the country are likely to be affected by the westerly wave from 27th (night) to 29th April and 03rd to 05th May. Due to westerly wave, temperatures are likely to drop 02 to 04 °C during the period.

PMD is continuously monitoring the situation. If any heatwave is likely to develop, an update will be issued accordingly.

For daily weather updates please visit: <https://www.pmd.gov.pk/en/> Pak Weather application
<https://play.google.com/store/apps/details?id=com.pmd.kissan>

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پریس ریلیز

ہیٹ ویو اور موسم کی تازہ صورتحال

علاقائی اور عالمی موسمی صورتحال کے مطابق، (ENSO) اور آئی او ڈی (IOD) کی نیوٹرل (Neutral) حالت برقرار ہے، جبکہ بیشتر عالمی ماڈلز کے مطابق مئی سے جولائی کے دوران El Niño کے تشکیل پانے کے 61 فیصد امکانات ہیں۔ موسمیاتی ریکارڈ کے مطابق مئی اور جون سال کے گرم ترین مہینے ہوتے ہیں، جبکہ جنوبی پنجاب، بالائی سندھ اور جنوبی/مشرقی بلوچستان ملک کے زیادہ گرمی سے متاثر ہونے والے علاقے ہیں، جہاں ہیٹ ویو کی صورت میں درجہ حرارت بعض اوقات 52 ڈگری سینٹی گریڈ تک پہنچ جاتا ہے۔ تاہم ان علاقوں میں مئی اور جون کے دوران معمول کا درجہ حرارت 43 سے 45 ڈگری سینٹی گریڈ کے درمیان رہتا ہے۔

مشاہداتی اعداد و شمار کے مطابق ان علاقوں میں اس وقت درجہ حرارت معمول سے 02 سے 04 ڈگری سینٹی گریڈ زیادہ ہے۔ ملک کے جنوبی علاقوں میں 29 اپریل سے 03 مئی کے دوران کم شدت کی ہیٹ ویو کی صورتحال پیدا ہونے کا امکان ہے۔ جبکہ ملک کے بالائی علاقوں پر 27 اپریل کی رات سے 29 اپریل تک اور دوبارہ 03 سے 05 مئی کے دوران مغربی ہواؤں کا سلسلہ اثر انداز ہونے کا امکان ہے۔ جس کے باعث درجہ حرارت میں 02 سے 04 ڈگری سینٹی گریڈ کمی متوقع ہے۔

حکمر موسمیات اس صورتحال کی مسلسل نگرانی کر رہا ہے۔ اگر کسی شدید ہیٹ ویو کے امکانات پیدا ہوئے تو بروقت اپڈیٹ جاری کی جائے گی۔

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

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ترجمان (حکمر موسمیات)

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HEATWAVE

BE PREPARED





A prolonged period of exceptionally hot weather, characterized by temperatures well above average, posing health risks and environmental challenges.



IF YOU ARE UNDER AN EXTREME HEAT WARNING



Watch for heat cramps, heat exhaustion and heat stroke.



Find air conditioning, if possible.



Wear light clothing.



Never leave people or pets in a closed car.



Avoid strenuous activities.



Drink plenty of fluids.



Watch for heat illness.







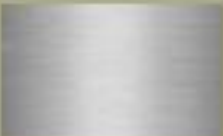








Heat-Related Illnesses







Heat Stroke	Heat Cramps	Heat Exhaustion
Signs	Signs	Signs
<ul style="list-style-type: none"> High body temperature. A core body temperature of 40 degrees Celsius or higher is the main sign of heatstroke. Red, hot and dry skin with no sweat Rapid, strong pulse Dizziness, confusion or unconsciousness 	<ul style="list-style-type: none"> Muscle pain Spasms in the stomach, arms or legs 	<ul style="list-style-type: none"> Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting

 <h1 style="text-align: center;">HEATWAVE</h1> <h2 style="text-align: center;">Individual Guidelines</h2> 		
Prepare	During	Respond
<div style="text-align: center;">  <p><u>Keep Your Home Cool</u></p>  <p>Cover windows with drapes or shades.</p>  <p>Position fans near windows to draw in cooler air overnight and create cross-ventilation.</p>  <p>Plant trees outside windows to provide shade and reduce sunlight indoors.</p>  <p>Use window reflectors such as aluminum foil to reflect heat back outside.</p> </div>	<div style="text-align: center;">  <p>Find places with air conditioning</p>  <p>If you're outside, find shade.</p>  <p>Stay Hydrated.</p>  <p>Do not use electric fans</p> <ul style="list-style-type: none"> • Electric fans can become counterproductive when air temperatures exceed 35°C • At very high temperatures, fans blow hot air over the body instead of cooling it • This can increase heat stress rather than reduce it • The body may absorb more heat than it loses under such conditions  <p>Avoid high-energy activities.</p> </div>	<div style="text-align: center;">  <p><u>Heat Cramps</u> Actions</p> <ul style="list-style-type: none"> • Go to a cooler location. • Remove excess clothing. • Take sips of cool sports drinks with salt and sugar. • Get medical help if cramps last more than an hour.  <p><u>Heat Exhaustion</u> Actions:</p> <ul style="list-style-type: none"> • Go to an air-conditioned place and lie down. • Loosen or remove clothing. • Take a cool bath & Take sips of drinks with salt and sugar. • Get medical help if symptoms get worse or last more than an hour.  <p><u>Heat Stroke</u> Actions:</p> <ul style="list-style-type: none"> • Call for emergency medical assistance. • Cool down constantly monitor temperature until help arrives. </div>



HEATWAVE



Mitigation & Prevention (Government)



Keep close monitoring of vulnerable GLOF sites.



Make judicious use of water for drinking and cooling-off.



Emergency Services / Fire Brigades to remain on alert against Forest fire



Alert medical services to maintain requisite facilities such as heatstroke centers.



Take preventative measures against fires where possible



Coordinate with NHA, NH&MP and FWO/NLC for necessary alerts to travelers



Avoid direct exposure to sunlight during peak hours (10:00 am - 05:00 pm).



Inform farmers of greater requirement of water for crops, orchards and cattle.



HEATWAVE ALERT



STAY COOL. STAY SAFE. STAY ALIVE.



WHAT IS A HEATWAVE?

A prolonged period of unusually high temperatures that can seriously affect health, water, and daily life.

DURING EXTREME HEAT - ACT SMART

1. STAY COOL

Cool body = Safe life



- Use fans, AC, or shaded areas
- Take cool showers

2. HYDRATE OFTEN

Don't wait for thirst



- Drink water every 20-30 minutes
- Avoid caffeine & sugary drinks

3. DRESS LIGHT

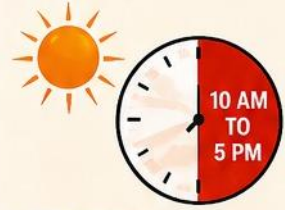
Loose, light, breathable



- Wear cotton, light-colored clothes
- Cover head with cap or scarf

4. AVOID PEAK HEAT

No sun, no harm



- Stay indoors (10 AM - 5 PM)
- Reschedule outdoor work

5. NEVER LEAVE IN CARS

A parked car = deadly trap



- Not even for a minute
- Check back seats always
- No flammable/exploding matter in car

6. PROTECT THE VULNERABLE

Check. Care. Support.



- Elderly, children, sick people
- Ensure hydration & ventilation

7. LIMIT PHYSICAL ACTIVITY

Slow down to stay safe



- Avoid exercise in heat
- Rest frequently

8. LOOK OUT FOR OTHERS

Kindness saves lives



- Check on neighbours instead of neighbors and those working outdoors
- Offer water & support

KNOW THE WARNING SIGNS

HEAT STROKE

Body overheating = Life at risk



- Very high temperature
- Hot, dry skin
- Confusion / unconsciousness



ACT FAST:
Call emergency services immediately

HEAT EXHAUSTION

Your body is struggling



- Heavy sweating
- Weakness & dizziness
- Nausea / headache



MOVE TO SHADE + HYDRATE IMMEDIATELY

HEAT CRAMPS

Pain is a warning



- Muscle cramps (legs, arms)



REST + ELECTROLYTES

SIMPLE LIFE-SAVING TIPS



Water is your shield



Shade is your shelter



Rest is your protection



Awareness is your power

BEAT THE HEAT - DON'T LET IT BEAT YOU



FOR EMERGENCIES
CALL **1122**



DRINK WATER
STAY HYDRATED



STAY INFORMED
CHECK WEATHER UPDATES



STAY PREPARED
STAY SAFE