



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

Dated: **06 May 2026**

Subject: **Heatwave Conditions Predicted in Central/ Southern Parts from 7 - 11 May**

Pakistan Met Department (PMD) has informed that due to the presence of high pressure in the upper atmosphere, **Heatwave conditions** are likely to develop over **Southern** and **Central** parts of the country from **07<sup>th</sup> to 11<sup>th</sup> May**, while in **Upper parts** from **08<sup>th</sup> to 10<sup>th</sup> May 2026**.

2. During this period day time **maximum temperatures** may rise to **46-50°C** in Dadu, Shaheed Benazirabad, Ghotki, Khairpur, Nausheroferoze, Jacobabad, Larkana, Sukkur, Sibbi, Turbat, Panjgur, while **43-47°C** in (Dera Ghazi Khan, Layyah, Bhakkar, Rajanpur, Kot Addu, Bahawalpur, Bahawalnagar, Rahim Yar Khan, Multan, Khanewal, Pakpattan, Sahiwal, Karak, Bannu, Lakki Marwat, Tank, Dera Ismail Khan) and **39-43°C** in **Upper parts** (Peshawar, Mardan, Swabi, Nowshera, Kohat, Islamabad, Rawalpindi, Attock, Chakwal, Jhelum, Sargodha, Mianwali, Faisalabad, Jhang, Toba Tek Singh, Khushab, Gujrat, Gujranwala, Hafizabad, Mandi Bahauddin, Sialkot, Narowal, Lahore, Okara, Kasur). **Very hot weather** is expected in Karachi during the forecast period and **maximum temperature** is likely to remain **(35-38)°C**.

3. Met office further informed that a shallow **Westerly wave** is likely to affect upper parts of the country on **10<sup>th</sup> May (evening / night)** and likely to persist in upper parts till **13<sup>th</sup> May 2026**. This system is likely to bring relief from the prevailing hot conditions in the upper parts of the country.

4. 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**.

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



(Ali Imran Sayed)  
Director (Response)  
Tel No: 051-9030924  
Fax No: 051-9030729

**(DISTRIBUTION LIST BELOW)**

**DISTRIBUTION LIST**

- To: Secretary, Ministry of Interior, Islamabad  
Secretary, Ministry of National Health Services, Regulation & Coordination, Islamabad  
Secretary, Ministry of Information & Broadcasting, Islamabad  
Secretary, Ministry of Climate Change, Islamabad  
Secretary, Ministry of Communications, Islamabad  
Secretary, Ministry of Water Resources, Islamabad  
Secretary, Ministry of National Food Security & Research, Islamabad  
Secretary, Ministry of Energy, Islamabad  
Chief Secretary, All Provincial Governments, GB & AJ&K  
Secretary, Irrigation Departments, All Provincial Governments, GB & AJ&K  
Director General, Pakistan Meteorological Department, Islamabad  
Director General, Pakistan Civil Aviation Authority, Karachi  
Chairman, Federal Flood Commission (FFC), Islamabad  
Chairman, National Highway Authority (NHA), Islamabad  
Chairman, Higher Education Commission (HEC), Islamabad  
Principal Information Officer, Press Information Department, Islamabad  
Chairman, WAPDA, Lahore  
General Manager, Tarbela Dam Authority  
General Manager, Mangla Dam Authority  
Director Generals, PDMAs, GBDMA & SDMA  
Chief Commissioner ICT  
Deputy Commissioner ICT  
Deputy Director (Control Room/NCIMC), Ministry of Interior, Islamabad  
Director General, Rescue 1122, All Provincial Governments, GB & AJ&K  
Headquarters, Frontier Works Organization (FWO), Rawalpindi  
Headquarters, National Highways & Motorway Police, Islamabad  
Headquarters, National Electric Power Regulatory Authority, Islamabad  
Headquarters, National Transmission & Dispatch Company (NTDC), Islamabad  
Headquarters, Pakistan Railways, Lahore
- Cc: Additional Secretary-I to Prime Minister, Prime Minister's Office, Islamabad  
Secretary, Cabinet Division, Islamabad  
Military Operations Directorate (MO-4), General Headquarters, Rawalpindi Cantt  
Engineers Directorate, General Headquarters, Rawalpindi Cantt  
ACNS (Operations), Naval Headquarters, Islamabad  
ACAS (Operations), Air Headquarters, Islamabad  
Headquarters, Pakistan Maritime Security Agency, Karachi  
Headquarters, Pakistan Coast Guards, Karachi
- ID: COS  
Member (Ops)  
Member (DRR)  
Member (A&F)  
DG Estb  
ED Plans  
ED IC  
ED RM&M  
ED IA&PD  
ED NIDM  
ED Tech (E&M)  
ED Tech 1  
ED Tech 2  
ED NR  
ED RF  
ED CoE  
Dir C&P  
Dir Log  
Dir R&R  
DD NEOC



Tel:051-9250363  
Fax:051-9250368

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

NWFC-5(10A)/2017/166

Date: 06<sup>th</sup> May, 2026  
Time: 1600 PST

Press release:

### **Heatwave Conditions Predicted in Central/Southern Parts from 07<sup>th</sup> to 11<sup>th</sup> May**

Met office informed that due to the presence of high pressure in the upper atmosphere, **Heatwave** conditions are likely to develop over **southern and central parts** of the country from **07<sup>th</sup> to 11<sup>th</sup> May**, while in **upper parts** from **08<sup>th</sup> to 10<sup>th</sup> May**.

Day time maximum temperatures may rise to **46-50°C** in (Dadu, Shaheed Benazirabad, Ghotki, Khairpur, Nausheroferoze, Jacobabad, Larkana, Sukkur, Sibbi, Turbat, Panjgur), while **43-47°C** in (Dera Ghazi Khan, Layyah, Bhakkar, Rajanpur, Kot Addu, Bahawalpur, Bahawalnagar, Rahim Yar Khan, Multan, Khanewal, Pakpattan, Sahiwal, Karak, Bannu, Lakki Marwat, Tank, Dera Ismail Khan), and **39-43°C** in upper parts (Peshawar, Mardan, Swabi, Nowshera, Kohat, Islamabad, Rawalpindi, Attock, Chakwal, Jhelum, Sargodha, Mianwali, Faisalabad, Jhang, Toba Tek Singh, Khushab, Gujrat, Gujranwala, Hafizabad, Mandi Bahauddin, Sialkot, Narowal, Lahore, Okara, Kasur). Very hot weather is expected in Karachi during the forecast period and maximum Temperature is likely to remain **(35-38)°C**.

Met office further informed that a shallow westerly wave is likely to affect **upper parts** of the country on **10<sup>th</sup> May(evening/night)** and likely to persist in upper parts till **13<sup>th</sup> May**. This system is likely to bring relief from the prevailing hot conditions in the upper parts of the country.

#### **Possible Impacts and advises:**

- Due to heatwave condition, general public especially children, women and senior citizens are advised to be cautious.
- Farmers are advised to manage their crop activities keeping in view the weather conditions and take care of their livestock as well.
- General public is advised to avoid unnecessary exposure to direct sunlight and remain hydrated.
- Judicious use of water is requested from all aspects of life.

**Note: All concerned authorities are advised to remain "Vigilant" and take necessary measures to avoid any untoward Situation during the forecast period.**

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>

#### **Distributions:**

1. MS to PM, Islamabad
2. Secretary Defence, Ministry of Defence Rawalpindi
3. Chief Sec Punjab, KP, GB, Kashmir, Balochistan & Sindh
4. Secretary Irrigation Punjab, KP, GB, Kashmir, Balochistan & Sindh
5. Secretary Agriculture Punjab, KP, GB, Kashmir, Balochistan & Sindh
6. Chairman NDMA
7. Chairman NHA
8. IG Motorways
9. DG's PDMA & SDMA
10. Secretary Health, MOCC & Water Resources.
11. Secretary National Food Security and Research
12. Chairman FFC & IRSA
13. Director to Minister for MOCC
14. Chief Commissioner Islamabad
15. Commissioner Rawalpindi
16. Rescue 1122.
17. Directors RMC's & Electronic and Print Media.

*Spokesperson*  
Ph: 051-9250363-4



NWFC-5(10A)/2017/166

Date: 06<sup>th</sup> May, 2026  
Time: 1600 PST

پس منظر

### 07 سے 11 مئی کے دوران ملک کے وسطی اور جنوبی علاقوں میں گرمی کی لہر کی پیش گوئی

محکمہ موسمیات کی پیش گوئی کے مطابق فضا میں ہوا کے زیادہ دباؤ کی موجودگی کے باعث ملک کے جنوبی اور وسطی علاقوں میں 07 سے 11 مئی جبکہ بالائی علاقوں میں 08 سے 10 مئی کے دوران ہیٹ ویو (گرمی کی لہر) کی صورت حال پیدا ہونے کا امکان۔

داؤد، شہید بینظیر آباد، گھوٹکی، خیرپور، نوشہرہ فیروز، جیکب آباد، لاڑکانہ، سکھر، سی، تربت اور پنجگور میں دن کے وقت زیادہ سے زیادہ درجہ حرارت **46 سے 50** ڈگری سینٹی گریڈ، جبکہ ڈیرہ غازی خان، لہہ، بھکر، راجن پور، کوٹ او، بہاولپور، بہاولنگر، رحیم یار خان، ملتان، خانیوال، پاکستان، ساہیوال، کرک، بنوں، کئی مروت، ٹانک، ڈیرہ اسماعیل خان میں **43 سے 47** ڈگری سینٹی گریڈ پیش کی جا سکتا ہے۔ جبکہ بالائی علاقوں (پشاور، مردان، صوابی، نوشہرہ، کوہاٹ، اسلام آباد، راولپنڈی، اٹک، چکوال، جہلم، سرگودھا، میانوالی، فیصل آباد، جھنگ، ٹوبہ ٹیک سنگھ، خوشاب، گجرات، گوجرانوالہ، حافظ آباد، منڈی بہاؤالدین، سیالکوٹ، نارووال، لاہور، اوکاڑہ، قصور) میں درجہ حرارت **39 سے 43** ڈگری سینٹی گریڈ رہنے کا امکان۔ اس دوران کراچی میں موسم شدید گرم رہنے کی توقع جبکہ زیادہ سے زیادہ درجہ حرارت **35 سے 38** ڈگری سینٹی گریڈ رہنے کا امکان۔

محکمہ موسمیات کے مطابق ایک کمزور مغربی ہواؤں کا سلسلہ **10 مئی (شام/رات)** سے ملک کے بالائی علاقوں میں داخل ہونے کا امکان ہے جو **13 مئی تک** برقرار رہ سکتا ہے۔ یہ سسٹم بالائی علاقوں میں جاری گرمی کی شدت میں کمی کا باعث بنے گا۔

**محکمہ اثرات اور اقلیتی تھاپیں:**

- ہیٹ ویو کی صورت حال کے پیش نظر عوام الناس خصوصاً بچوں، خواہن اور بزرگ شہریوں کو اقلیتی تھاپیں اور اقلیتی تھاپوں سے بچانے کی ہدایت۔
- کاشتکار حضرات موسمی حالات کے مطابق اپنی فصلوں کی دیکھ بھال کریں اور اپنے مویشیوں کا بھی خاص خیال رکھیں۔
- عوام الناس کو ہدایت کی جاتی ہے کہ غیر ضروری طور پر دھوپ میں بیٹھنے سے گریز کریں اور اپنے جسم کو پانی کی کمی سے محفوظ رکھنے کے لیے زیادہ سے زیادہ پانی استعمال کریں۔
- عوام کو زندگی کے تمام شعبوں میں پانی کے درست استعمال کی ہدایت۔

نوٹ: تمام متعلقہ اداروں کو "اثرات" رہنے اور کسی ناخوشگوار واقعہ سے بچنے کے لیے تمام ضروری اقدامات کرنے کی ہدایت کی جاتی ہے۔

مزید تفصیلات کے لیے <https://www.pmd.gov.pk/en/>

پاک ویڈیو ایپلی کیشن <https://play.google.com/store/apps/details?id=com.pmd.kissan>

#### Distributions:

1. MS to PM, Islamabad
2. Secretary Defence, Ministry of Defence Rawalpindi
3. Chief Sec Punjab, KP, GB, Kashmir, Balochistan & Sindh
4. Secretary Irrigation Punjab, KP, GB, Kashmir, Balochistan & Sindh
5. Secretary Agriculture Punjab, KP, GB, Kashmir, Balochistan & Sindh
6. Chairman NDMA
7. Chairman NHA
8. IG Motorways
9. DG's PDMA & SDMA
10. Secretary Health, MOCC & Water Resources.
11. Secretary National Food Security and Research
12. Chairman FFC & IRSA
13. Director to Minister for MOCC
14. Chief Commissioner Islamabad
15. Commissioner Rawalpindi
16. Rescue 1122.
17. Directors RMC's & Electronic and Print Media.

ترجمان (محکمہ موسمیات)

Ph 051-9250363-4



# 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.**







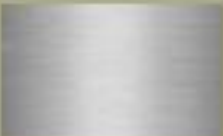








**Heat-Related Illnesses**







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

 <h1 style="margin: 0;">HEATWAVE</h1> 		
Prepare	During	Respond
<div style="text-align: center;">  <p><b><u>Keep Your Home Cool</u></b></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 <b>air conditioning</b></p>  <p>If you're outside, <b>find shade.</b></p>  <p><b>Stay Hydrated.</b></p>  <p><b>Do not use electric fans</b></p> <ul style="list-style-type: none"> <li>Electric fans can become counterproductive when air temperatures exceed 35°C</li> <li>At very high temperatures, fans blow hot air over the body instead of cooling it</li> <li>This can increase heat stress rather than reduce it</li> <li>The body may absorb more heat than it loses under such conditions</li> </ul>  <p><b>Avoid high-energy activities.</b></p> </div>	<div style="text-align: center;">  <p><b><u>Heat Cramps</u></b> <b>Actions</b></p> <ul style="list-style-type: none"> <li>Go to a cooler location.</li> <li>Remove excess clothing.</li> <li>Take sips of cool sports drinks with salt and sugar.</li> <li>Get medical help if cramps last more than an hour.</li> </ul>  <p><b><u>Heat Exhaustion</u></b> <b>Actions:</b></p> <ul style="list-style-type: none"> <li>Go to an air-conditioned place and lie down.</li> <li>Loosen or remove clothing.</li> <li>Take a cool bath &amp; Take sips of drinks with salt and sugar.</li> <li>Get medical help if symptoms get worse or last more than an hour.</li> </ul>  <p><b><u>Heat Stroke</u></b> <b>Actions:</b></p> <ul style="list-style-type: none"> <li>Call for emergency medical assistance.</li> <li>Cool down constantly monitor temperature until help arrives.</li> </ul> </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