



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

MOST IMMEDIATE

Dated: 26 November 2025

Subject: **Smog/ Fog Conditions are Likely to Continue with Increasing Tendency Over Plain Areas of the Country in Coming Days**

Smog is the combination of **Smoke and Fog** and develops from **November to mid-December 2025**. The **Stable and Dry weather conditions** is conducive **to continue with increasing smog/ fog tendency** over plain areas in coming days. Pakistan can face an **alarming increase in smog levels** across its **major cities**, aggravated by recent **stable meteorological conditions**. Combination of **industrial pollution, vehicular emissions and conducive weather patterns** may lead to an increase of air pollution, posing threats to public health and the environment in the coming days.

2. Due to **persistent dry weather**, Smog/ Fog conditions are likely to increase over **Northeast and Southern parts of Punjab (Sialkot, Narowal, Lahore, Kasur, Sheikhpura, Gujranwala, Jhelum, Bhakkar, Mianwali, Faisalabad, Jhang, Toba Tek Singh, Sahiwal, Multan, Khanewal, Layyah, Kot Addu, Bahawalpur and surroundings), Khyber Pakhtunkhwa (Peshawar, Swabi, Mardan. D.I. Khan and surroundings) and upper Sindh (Sukkur, Rohri and surroundings)** especially during morning hours.

3. Under the said conditions likely Impacts are as:-

- a. The **rise in Smog levels** may trigger an **increase in respiratory illnesses, asthma cases** and **other pollution-related health problems**. **Vulnerable populations including children, the elderly and people with pre-existing health conditions** are at **high risk**.
- b. **Poor air quality** can cause **reduced visibility on roads, leading to a surge in traffic accidents**. **Outdoor activities** can also be **disrupted**.

4. In this regard, all concerned Federal Ministries/ Departments, respective Provincial Governments and their line departments including PDMAs/ GBDMA / SDMA/ ICT Administration, DDMA/ local administrations, municipal authorities of major metropolises are advised to ensure following along with any other measures deemed necessary: -

a. **Public**

- (1) Avoid outdoor activities, especially strenuous exercise, during high-smog hours (early morning and late evening when smog levels are usually highest).
- (2) Spend more time indoors especially if you have respiratory conditions, asthma or cardiovascular issues.

- (3) Wear high-quality masks such as N95 or KN95 masks when going outdoors as per local administration advisories. These masks can filter out fine particulate matter (PM2.5) that is common in smog.
- (4) Avoid using cloth masks as they offer limited protection against small smog particles as per local administration advisories.
- (5) Keep windows and doors closed during high-smog days to prevent outdoor pollutants from entering.
- (6) Use air purifiers indoors especially in rooms where you spend the most time to reduce indoor air pollution.
- (7) Check daily air quality index (AQI) updates through NDMA Mobile App to stay informed of pollution levels and limit outdoor exposure when the AQI is high as this indicates poor air quality.
- (8) Drink plenty of water to stay hydrated as it can help flush out toxins from the body.
- (9) Eat antioxidant-rich foods like fruits and vegetables to strengthen your immune system and protect against the harmful effects of air pollution
- (10) Refrain from smoking, as it adds to respiratory strain and worsens the effects of smog exposure.
- (11) Avoid using wood stoves and candles that can contribute to indoor pollution.
- (12) Minimize the use of private vehicles to reduce the overall pollution levels. Carpool or use public transportation whenever possible.
- (13) Avoid unnecessary trips to reduce your exposure to outdoor air and help decrease traffic emissions.
- (14) Individuals with respiratory conditions, children and the elderly should have regular checkups to monitor their health during smog season.
- (15) Consult a doctor if you experience symptoms like difficulty breathing, coughing or eye irritation.
- (16) Use exhaust fans and ventilators to help circulate indoor air but avoid directly venting outdoor air during peak smog hours.
- (17) Consider natural air-purifying indoor plants (e.g., snake plants or spider plants) to improve indoor air quality.
- (18) Stay updated with local government warnings, advisories and precautionary guidelines to protect yourself and your family.
- (19) Promote energy-efficient practices at home such as using energy-saving appliances, minimizing heating fuel and avoiding unnecessary waste burning.

b. **Media**

- (1) Broadcast health advisories on the dangers of smog especially for vulnerable groups like children, elderly and those with respiratory issues.
- (2) Share information on precautionary measures such as staying indoors during peak smog hours; wearing masks as per local administration advisories and avoiding strenuous outdoor activities.
- (3) Educate public on the causes of smog, including vehicle emissions, industrial pollution and agricultural stubble burning.
- (4) Provide daily and real-time AQI updates on television, radio and online platforms, especially in Eastern and Central Punjab with severe smog conditions.
- (5) Collaborate with NEOC, PMD, PEOCs, Environmental Protection Agencies and other concerned departments to give accurate and timely weather forecasts related to smog and pollution levels.
- (6) Encourage community-level actions, such as carpooling, minimizing vehicle use and proper waste disposal to reduce individual contributions to pollution.
- (7) Conduct investigative reporting on key pollution sources such as unregulated industrial plants, unmonitored construction sites and instances of illegal waste burning.
- (8) Report non-compliance entities to local administration and raise public awareness for corrective action.
- (9) Utilize social media to quickly share urgent smog alerts, AQI levels and precautionary information, reaching a broad and diverse audience.

c. **District / Provincial Governments and PDMAs**

- (1) Enforce laws to curb pollution sources, including regulations on vehicular emissions, industrial pollutants and waste burning.
- (2) Actively monitor and penalize instances of crop residue burning, a significant contributor to winter smog particularly in agricultural areas like Southern Punjab.
- (3) District Authorities / DDMA's to regularly report local AQI levels to provincial authorities and collaborate in developing region-specific policies.
- (4) To disseminate smog precautions locally, conduct awareness workshops in community centers, schools and use public announcements via radio and Mosques. Additionally, leverage social media for real-time updates

and engagement.

- (5) Promote carpooling in govt departments and schools / colleges to reduce vehicle use.
- (6) Enforce restrictions during high-smog periods such as limiting industrial operations, imposing traffic restrictions and temporarily closing schools to protect children's health.
- (7) Work with the local police and environment officers to identify and curb illegal activities that contribute to air pollution.
- (8) Distribute masks and air-purifying equipment to vulnerable communities and provide guidance on reducing exposure.
- (9) Coordinate with local health departments to ensure adequate medical facilities for respiratory issues, especially in smog-prone areas.
- (10) Develop and regularly update smog-specific disaster management plans, including preemptive measures and emergency response actions during severe smog episodes.
- (11) Engage community leaders and local NGOs to promote smog-related safety measures ensuring the message reaches remote and rural areas.

d. **National Highway and Motorway Police**

- (1) Regularly issue safety advisories and warnings through electronic signs / billboards, SMS alerts and social media about areas with high smog density and low visibility.
- (2) Educate drivers about using fog lights, reducing speed and other precautionary measures when driving in smog.
- (3) Enforce strict speed limits on highways and motorways during smog to ensure the safety of all road users.
- (4) Collaborate with NEOC, PMD and PEOCs to receive updated information on smog forecasts and visibility conditions.
- (5) Conduct public awareness campaigns on the health risks of smog and preventive measures, targeting motorists, commercial drivers and pedestrians.

5. **Press Information Department Only.** With the request for wider circulation and public awareness.

6. Forwarded for your further 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)/2017/144

Press Release:

Date: 26th November, 2025
Time: 13:30 PST

Smog/Fog conditions are likely to continue with increasing tendency over plain areas of the country in coming days

Met office informed that due to persistent dry weather, Smog/Fog conditions are likely to increase over northeast and southern parts of Punjab (Sialkot, Narowal, Lahore, Kasur, Sheikhpura, Gujranwala, Jhelum, Bhakkar, Mianwali, Faisalabad, Jhang, Toba Tek Singh, Sahiwal, Multan, Khanewal, Layyah, Kot Addu, Bahawalpur and surroundings), Khyber Pakhtunkhwa (Peshawar, Swabi, Mardan, D.I. Khan and surroundings) and upper Sindh (Sukkur, Rohri and surroundings) especially during morning hours.

Possible Impacts

- Smog/fog conditions may affect transportation.
- Air quality may become unhealthy for sensitive groups; the public is advised to exercise caution.
- Travelers are advised to remain vigilant to avoid any untoward situation.

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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پیس ریلیز

آئندہ چند روز کے دوران ملک کے میدانی علاقوں میں سموگ / دھند کی صورتحال پر قرار دینے اور بتدریج اضافے کا امکان

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