

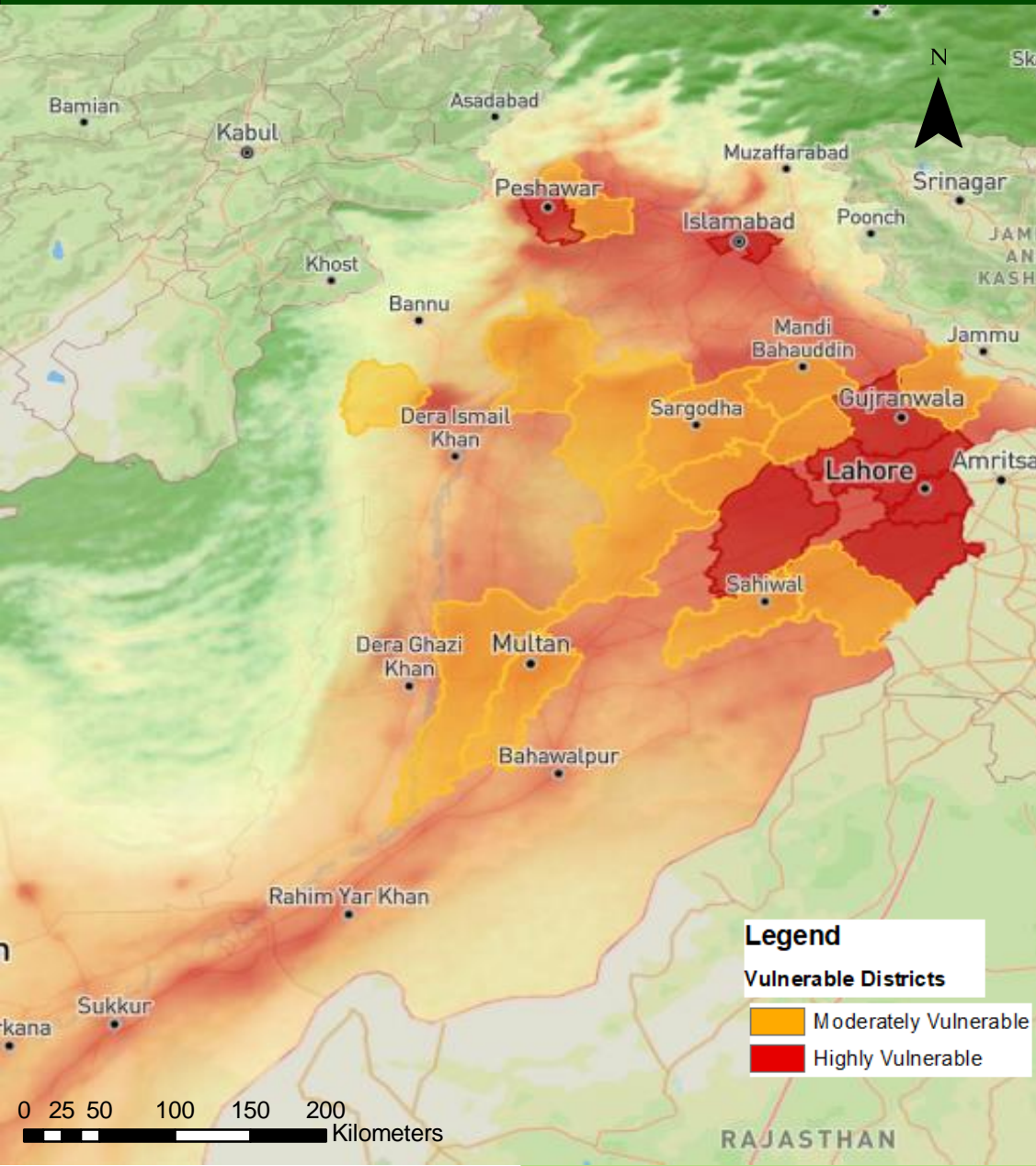


PUNJAB SMOG FORECAST (NOVEMBER 2024)

Developed by National Emergency Operations Centre

National Disaster Management Authority

Dated: 23 September, 2024



Smog Advisory

Low to moderate smog levels are anticipated during Mid of the November, with an expected increase to moderate to high levels.

Highly Vulnerable Districts (High to Very High Risk):

Lahore, Sheikhupura, Faisalabad, Kasur, Islamabad, Peshawar, Gujranwala

Moderately Vulnerable Districts (Moderate Risk):

Nowshera, Charsadda, Mianwali, Tank, Multan, Muzaffargarh, Okara, Sahiwal, Sargodha, Chiniot, Mandi Bahauddin, Hafizabad, Khushab, Jhang

Precautionary Measures against Smog:

- Limit outdoor activities, and spend more time indoors during smoggy days.
- Wear masks when going outside to reduce inhalation of smog particles.
- Stay informed about local air quality levels and follow recommendations from authorities.
- Drink plenty of water to keep your respiratory system hydrated.