

F.2(E)/2025-NDMA (MW/ Weather Advisory)

Government of Pakistan Prime Minister's Office National Disaster Management Authority (HQ)

Main Murree Road Near ITP Office, Islamabad

PAKISTAN PAK

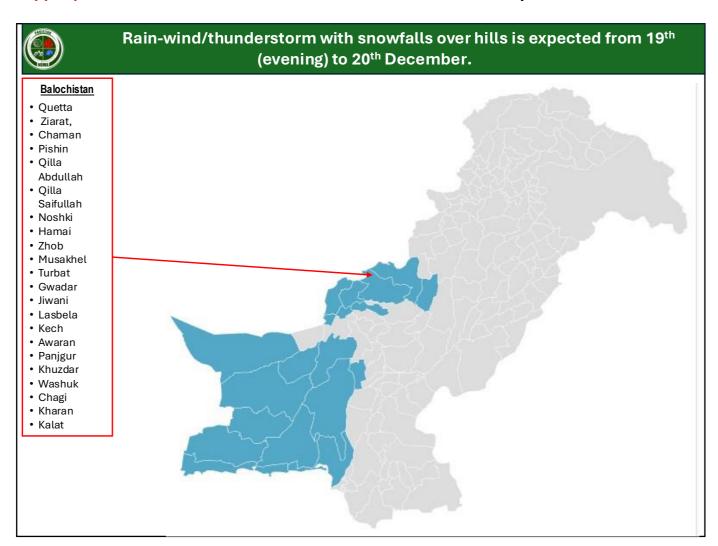
Dated: 17 Dec 2025

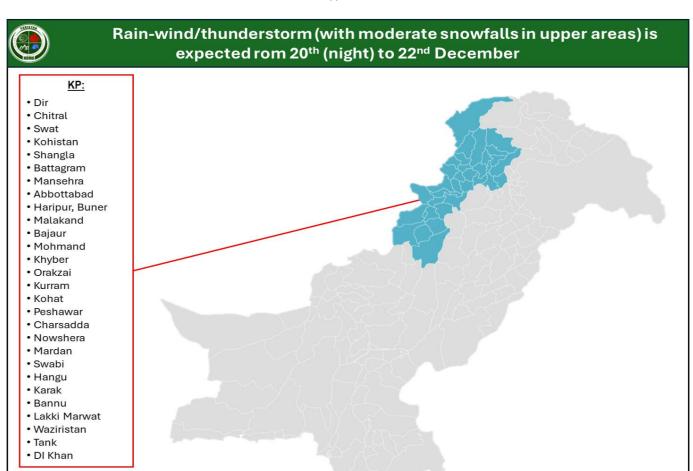
MOST IMMEDIATE

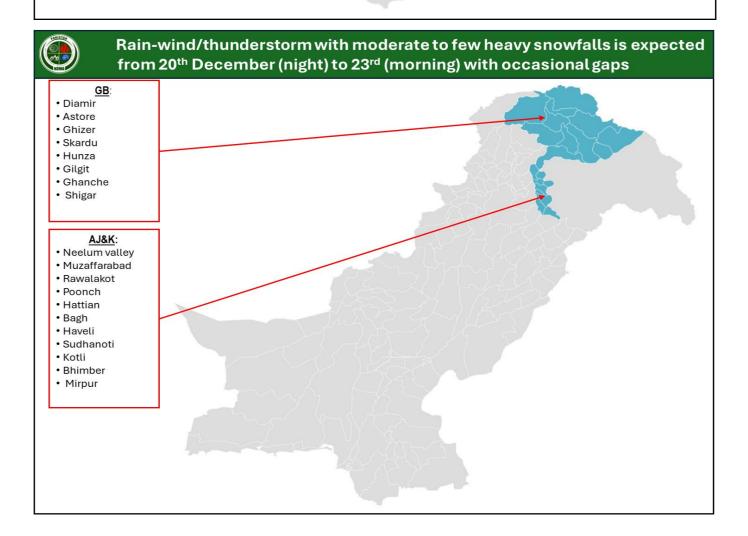
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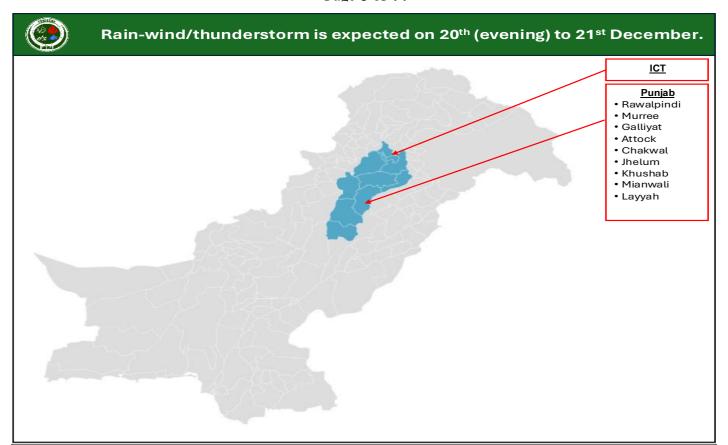
Rain-thunderstorm with snowfall over the hills predicted in western and upper parts of the country from 19th to 22nd December, 2025

A western disturbance will enter **Balochistan** on **19**th **December and likely to grip upper parts on 20**th **December**. Under the influence of this weather system: -



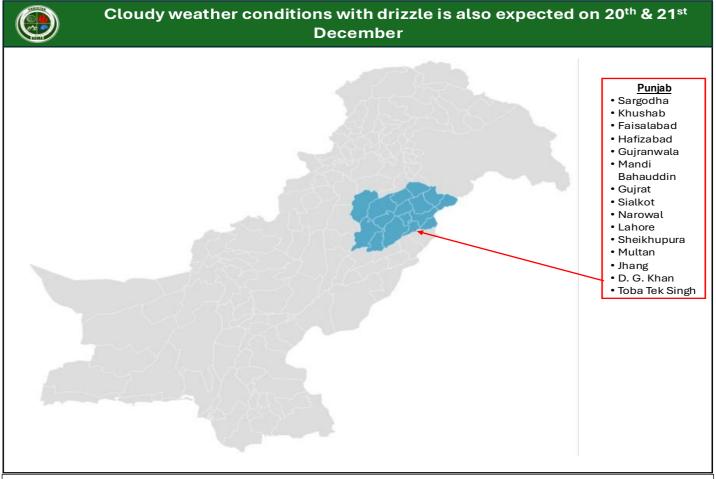






Rain-wind/thunderstorm is expected in Islamabad / Rawalpindi, Potohar region, Nankana, Bhakkar, Noorpurthal and Layyah on 20th (evening) to 21st December.

Rain-wind/thunderstorm with snowfalls is likely in Murree and Galliyat from 20th (night) to 21st December.



Sindh:

Partly cloudy to cloudy weather is expected in most parts of the province on 19th /20th December.

2. Under the influence of this weather system, following are likely impacts: -

a. Likely Impacts

- (1) Rains may trigger Landslides / Rockfall in hilly areas.
- (2) Electricity / other utility services may get disrupted.
- (3) **Isolated hailstorm** may cause damage to cause injures and damage to infrastructures, orchards, farms and vehicles etc.
- (4) Windstorms may damage crops, loose structures, etc.
- (5) Thunderstorms to increase risk of lightning strikes.
- (6) **General public** is advised to be aware of loose structures like **billboards**, **electrical poles**, **solar panels**, hoardings, etc.
- (7) Tourists are advised to remain cautious during the spell and check weather updates before traveling.
- (8) Landslides / mudslides may lead to potential road blockages.
- (9) Windstorms may damage crops, loose structures, etc.
- (10) Thunderstorms to increase risk of lightning strikes.
- (11) Electricity / other utility services may get disrupted.
- (12) **General public** is advised to be aware of loose structures like **billboards**, **electrical poles**, **solar panels**, hoardings, etc.
- (13) Farmers are **advised to plan** and **manage** their activities in accordance with **weather forecasts**, especially regarding **hailstorms**.
- (14) Avoid outdoor exposure during rains, strong winds, and prolonged cold and windy conditions, particularly at night and in early morning hours.
- (15) Tourists and travelers visiting mountainous areas are advised to remain landslides, rock fall / tree fall, derbies / mud flow during the period.
- 3. In this regard, all concerned Federal Ministries / Departments, respective Provincial Governments, their line departments including PDMAs / GBDMA / SDMA/ ICT Administration, DDMAs/ local administrations, municipal authorities of major metropolises are advised to ensure following along with any other measures deemed necessary: -

a. Aspects for Mass Awareness / Enforcement

- (1) During **hailstorm**, follow these safety tips to protect yourself: -
 - (a) <u>Seek Shelter Immediately</u>. Move indoors or take cover in a sturdy building or vehicle.
 - (b) <u>Stay Away from Windows</u>. Hail can shatter glass stay in a windowless room if possible.

Page **5** of **14**

- (c) <u>Protect Your Head</u>. If caught outside, use anything available (bag, jacket, helmet) to cover your head and neck.
- (d) Pull Over Safely (if driving). Stop the vehicle under a bridge, roofed area, or off the road. Stay inside with seatbelt fastened.
- (e) <u>Do Not Drive in Heavy Hail</u>. Visibility drops drastically and roads become slippery.
- (f) <u>Listen to Weather Updates</u>. Use radio, mobile alerts, or apps to monitor the situation.
- (g) <u>Cover Vehicles and Equipment</u>. If time allows, protect vehicles, livestock, and outdoor equipment with tarps or blankets.
- (h) <u>Wait for the All-Clear</u>. Stay sheltered until authorities confirm it's safe to move.
- (2) During **thunder-storm** and **lightning strike**, follow these safety tips to protect yourself: -
 - (a) <u>Do Not Seek Shelter Under Trees or Poles</u>. These attract lightning and don't protect well from hail.
 - (b) Avoid Open Fields and Hilltops. These are more exposed to hail and lightning.
 - (c) <u>Do Not Use Electrical Appliances</u>. Avoid wired devices, plumbing, and electronics during accompanying thunderstorms.
 - (d) <u>Move Away from Drainage Canals and Pondages</u>. Avoid standing nearby drainage canals and pondages as it attracts lightning.
 - (e) <u>Seek Shelter Immediately</u>. Move indoors or take cover in a sturdy building or seek shelter in a dry place.
- (3) Travelers / tourists are advised to: -
 - (a) Plan travels to picnic and tourist spots **considering weather** and traffic **conditions**.
 - (b) Properly dispose off garbage at **designated areas** to prevent **clogging** of **drainage systems**.
 - (c) Avoid overcrowding picnic and tourist spots and ensure personal safety.
 - (d) Keep children away from **nullahs** / **pot holes** / **drainage lines** to avoid accidents.
 - (e) Carry sufficient drinking water, food supplies, medicines, and power banks, as prolonged road blockage and delays are possible during snowfall.

- (f) Wear proper winter clothing and insulated footwear, and carry additional warm layers, gloves, and waterproof jackets.
- (g) Maintain a **safe distance** (minimum 20 feet) from rivers, streams, and nullahs, as sudden **water rise** may occur.
- (h) Choose hotels or guest houses located on higher ground and away from riverbanks, avalanche zones, and landslide-prone slopes.
- (i) Ask hotel staff about emergency exits, local hazards, and evacuation procedures in case of emergency.
- (j) Avoid walking or driving through flooded, frozen, or snowcovered roads-even shallow moving water or black ice can be life-threatening
- (k) Avoid trekking, hiking, or camping during rains risk of landslides, slippery trail.
- (I) Avoid self-driving in unfamiliar or hilly areas during rains opt for local drivers who know the terrain.
- (m) Do not attempt to cross snow-covered or water-overtopped bridges and roads, as they may be unstable, slippery, or structurally unsafe.
- (n) Cooperate with locals and district authorities, rescue agencies during emergencies or weather disruptions.
- (o) Do not allow children near frozen ponds, stagnant water, drainage lines, or snow-covered pits, especially during low visibility.
- (p) Sensitize all travelers about the danger of entering snow-filled water channels or crossing nullahs during flash floods or snowmelt.
- (q) Do not **touch or repair electrical** appliances, poles, or exposed wires during **rain or snow** due to **risk of electrocution**.
- (4) Avoid staying in weak structures. In case of intense rain, seek shelter in safe places such as schools, government buildings, or any concrete buildings.
- (5) 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

Page **7** of **14**

a surge in traffic accidents. Outdoor activities can also be disrupted.

In this regard, all concerned Federal Ministries / Departments, respective Provincial Governments, their line departments including PDMAs / GBDMA / SDMA/ ICT Administration, DDMAs/ 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 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, incense, 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. 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.

b. <u>DDMAs / Local Administrations / DM Responders</u>

- (1) Activation and deputation of duty staff for **round-the-clock monitoring** through Emergency Operation Centres (**EOCs**).
- (2) Collect and share the **latest information** with line departments, **provincial**, and **national authorities**.
- (3) Disseminate advisories, alerts, and guidelines to all concerned.
- (4) Generate Situation Reports (SITREPs) to cover any major incidents / developments.
- (5) Civic Agencies and Rescue Services (1122 / Fire Brigade / Ambulance / Civil Defence) to remain alert and have sufficient emergency response personnel and equipment during the forecasted holiday period.
- (6) Alert masses living in low-lying areas to exercise extra caution and activate community-based alert systems.
- (7) Limit the number of tourists allowed entry to picnic and tourist spots to avoid overcrowding.
- (8) Regulate **traffic** at **picnic** and **tourist spots** to ensure a smooth flow and **prevent congestion**.
- (9) Secure loose structures including billboards / hoardings / solar panels from effects of windstorms / thunder showers.

c. PDMAs / SDMA / GBDMA / ICT Administration

- (1) Coordinate with respective PDMAs to **align local efforts** with provincial strategies and guidelines.
- (2) Activate / ensure staffing of HR in EOCs for effective coordination and response.
- (3) Establish a streamlined and efficient communication channel to ensure timely dissemination of weather forecasts, advisories, and alerts to local administrations and the public.
- (4) Ensure flow of information among all stakeholders is accurate, timely, and effectively coordinated.

- (5) Ensure enforcement / dissemination of mitigative / preparedness / response guidelines to all concerned.
- (6) Ensure **rapid damage** and **needs assessments** following major incidents.

d. Federal Ministries / Departments

- (1) Ensuring **interagency coordination** and **information sharing** for monitoring and handling emergencies.
- (2) Raise mass awareness through respective platforms relevant stakeholders about seasonal hazards.
- (3) Ensure strict and proactive monitoring of the movement around/ in close vicinity of nullahs and water channels to avert possibilities of drowning.
- 4. In case of any eventuality, twice-daily updates be shared with NDMA.
- 5. **Press Information Department Only**. With the request for wider circulation and public awareness.
- 6. For latest weather updates please visit: https://play.google.com/store/apps/details?id=com.pmd.gov.pk/en/, Pak Weather application https://play.google.com/store/apps/details?id=com.pmd.kissan, NDMA Mobile App (Pak NDMA Disaster Alert) https://play.google.com/store/apps/details?id=com.mobileapp.ndmaalert, NDMA / PMD Social Media platform.

(Ali Imran Sayed) Director (Response)

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ED IA&PD

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ED NR2F

ED CoE

Dir C&P

Dir Log

Dir R&R

DD Media

Page 12 of 14 PRESS RELEASE



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

NWFC-5(10A)/2017/147

Press Release:

Date: 17th December, 2025

Time: 15:45 PST

Rain-thunderstorm with snowfall over the hills predicted in western and upper parts of the country from 20th to 22nd December, 2025

Met Office predicted that a western disturbance will enter Balochistan on 19th December and likely to grip upper parts on 20th December. Under the influence of this weather system:

<u>Balochistan:</u> Rain-wind/thunderstorm with snowfalls over hills is expected in Quetta, Ziarat, Chaman, Pishin, Qilla Abdullah, Qilla Saifullah, Noushki, Harnai, Zhob, Musakhel, Turbat, Gawadar, Jiwani, Lasbella, Kech, Awaran, Panjgur, Khuzdar, Washuk, Chagi, Kharan and Kalat from 19th (evening) to 20th December.

Khvber Pakhtunkhwa: Rain-wind/thunderstorm (with moderate snowfalls in upper areas) is expected in Chitral, Dir, Swat, Shangla, Kohistan, Mansehra, Abbottabad, Haripur, Bunner, Bajaur, Mohmand, Khyber, Orakzai, Kurram, Waziristan, Peshawar, Charsadda, Nowshera, Swabi, Bannu, Karak, D. I. Khan, Tank and Kohat from 20th (night) to 22th December With occasional gaps.

<u>Gilgit Baltistan/Kashmir:</u> Rain-wind/thunderstorm with moderate to few heavy snowfalls is expected in Gilgit-Baltistan (Diamir, Astore, Ghizer, Skardu, Hunza, Gilgit, Guanche, Shigar) Kashmir (Neelum valley, Muzaffarabad, Poonch, Hattian, Bagh, Haveli, Sudhanoti, Kotli, Bhimber, Mirpur) from 20th December (night) to 23rd (morning) with occasional gaps.

<u>Punjab/Islamabad</u>: Rain-wind/thunderstorm is expected in Islamabad/Rawalpindi, Potohar region, Mianwali, Bhakkar, Noorpurthal and Layyah on 20th (evening) to 21st December. Rain-wind/thunderstorm with snowfalls is likely in Murree and Galliyat from 20th (night) to 21st December.

Cloudy weather conditions with drizzle is also expected in Sargodha, Khushab, Faisalabad, Hafizabad, Gujranwala, Mandi Bahauddin, Gujrat, Sialkot, Narowal, Lahore, Sheikhupura, Multan, Jhang, D.G Khan and Toba Tek Singh on 20th & 21st December.

Sindh: Partly cloudy to cloudy weather is expected in most parts of the province on 19th/20th December.

Possible Impacts and advises:

- Snowfall may cause road closure/ slippery conditions in Naran, Kaghan, Dir, Swat, Kohistan, Mansehra, Abbottabad, Shangla, Astore, Hunza, Skardu, Murree, Galliyat, Neelum valley, Bagh, Poonch, Haveli from 20th to 22nd December.
- Possibility of the landslides/avalanche in hilly areas of upper Khyber Pakhtunkhwa, Gilgit-Baltistan and Kashmir during the period.
- Tourists are advised to remain extra cautious and avoid unnecessary travelling during the period.
- · Smog/fog is likely to continue in central/southern parts of Punjab and upper Sindh.

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



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

NWFC-5(10A)/2017/147

Date:17th December,2025 Time: 15:45 PST

ي يس ديليز

ملک کے مغربی اور بالائی علاقوں میں (20 ہے 22 و ممبر) کے دوران گرج چک کے ساتھ بارش (پہاڑوں پر بر فباری) کی پیش گوئی

محكمه موسمیات كى پينگوئى كے مطابق مغربي ہواؤں كاسلساء 19 دسمبر كو پلوچستان ميں داخل ہو گااور 20 دسمبر كو بالا ئى علاقوں كواپنى لپيٹ ميں لے گا۔اس موسمياتى نظام كے زيراثر:

بلوچتان: 19 (شام) ے 20 وسمبر کے دوران کوئند، زیارت، چن، پشین، قلعہ عبداللہ، قلعہ سیف اللہ، نوشکی، ہر نائی، ژوب، مولی تمیل، تربت، گوادر، جیوانی، لسبیلہ، کیج، آواران، پیمجگور، خضدار، واشک، عالمی، خدان اور قلات میں تیز، دوائی اور کرج جبک کے ساتھ مارش اور بھاؤ دل ہے کا مکان۔

شیر پخو نوا: 20(رات)اور22 ممبر کے دوران چرّ آل، دیر، سوات، شانگاء کو بستان، بانسپرو، ایب آباد، ہری پور، بو نیر، باجو ژ، مجند، خیبر، اورکزنی، کرم، دزیرستان، پشاور، چارسده، نوشپره، صواتی، بنول، کرک، ڈیرہ اساعیل خان، نائک اور کو بلٹ میں تیز، واؤں اور گریج جک کے ساتھ وقتے ہے بارش اور بلائی علاقوں میں در میانی در جہ کی بر فاری کا امکان۔

گلت بلتستان / تشمیر: 20 (رات) ہے 22 (می بھی مبر کے دوران گلت بلتستان (دیامیر، استور، غذر، سکر دو، ہنزو، گلت، گا نیچے، شکر)، تشمیر (دادی نیلم، مظفر آباد، پونچے، بنیال، باغ، حویلی، سد ھنوتی، کو ٹلی، گلت بلتستان / تشمیر ور) میں جنز ہواؤں اور گرین جیک کے ساتھ وقتے ہے بارش اور در ممانی درجہ کی ہر فار کا کامکان۔ اس دوران لعض مقابلت پر شد مد مر فار کا کی بھی تو تھے۔

پیچاب/اسلام آباد: 20(شام) ہے 21 د ممبر کے دوران اسلام آباد اراداولپنڈی، خط پو شھوبار، میانوالی، بیکر، نورپور قفل اورلید میں تیز ہواؤں اور گربن چیک کے ساتھ بارش کاامکان۔ 20 دران میانوالی، بیکر، نورپور قفل اور گھیات میں تیز ہواؤں اور گربن چیک کے ساتھ بارش اور پیاڑوں پر بر قباری کاامکان۔ جبکہ 20 دوران ممبر کو سر گود ھا، خوشاب، فیصل آباد، حافظ آباد، گو جرانوالہ، منڈی بہاؤالدین، تجرات، سالکوٹ، نارووال، الاہور، شیخ بوروسان، جبنگ، وی بی خان اور ثویہ لیک سنگھ میں مطلع اس کرورٹ کے ساتھ بوندالندی کی توقع۔

سده: 20/19 دممبر کے دوران صوبے کے بیشتر علاقوں میں مطلع جزوی ایرآلود /ایرآلودرے گا۔

مكنداثرات اوراحتياطي تدابير:

- 22 22 د عبر کو بر فباری کے باعث ناران، کافان، دیر، موات، کو بستان، مانسپرہ، ایب آباد، شانگہ، استور، بہنزہ، سکر دو، مری، گلیات، وادی ٹیلم، باغ، بو تھے، حیلیاں میں منز کول کے بند بونے اور مجسلن کی وجہ ہے شریفک کیار دانی میں خلل کااندیشہ۔
 - بالائی خیر پختو تخوا مشیر اور گلت بلتستان کے پہاڑی علاقوں میں لینڈ سلائیڈ نگ/بر قائی تودے گرنے کا خطر مد
 - بارش اور بر فباری کے دوران سیاحول کو مختلط رہنے اور غیر ضروری سفر سے اجتناب کرنے کی ہدایت۔
 - ای دوران پنجاب کے وسطی/ جنوبی علاقے اور بالا کی سندھ سموگ/د ھند کے زیرا اثر ہیں گے۔

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