



F.2(E)/2026-NDMA (MW/ Weather Advisory)

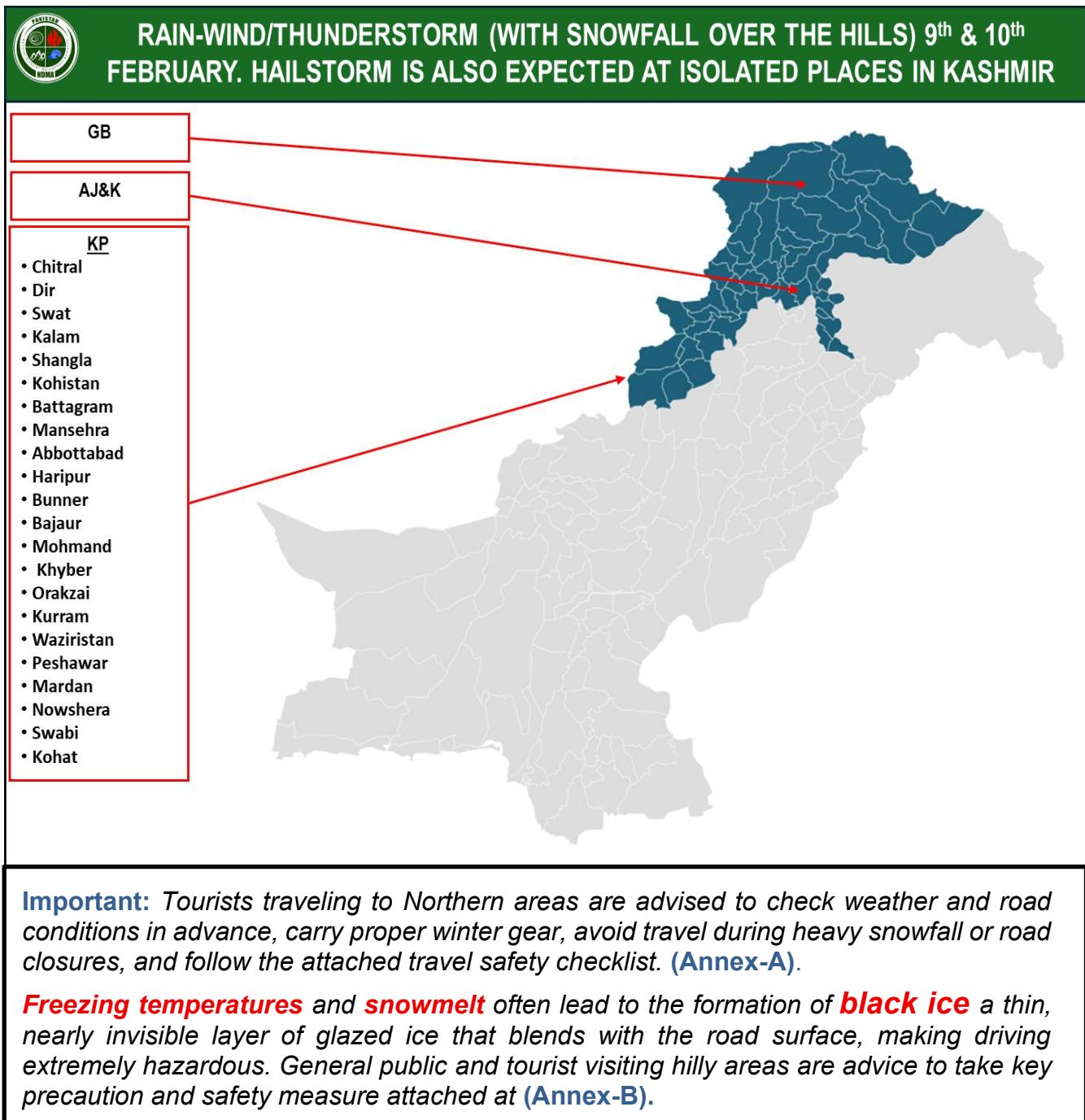
Government of Pakistan
Prime Minister's Office
National Disaster Management Authority (HQ)
 Main Murree Road Near ITP Office, Islamabad



Dated: 7 February 2026

Subject: **RAIN-WIND/THUNDERSTORM IN BALOCHISTAN AND UPPER PARTS OF THE COUNTRY FROM 8TH (NIGHT) TO 10TH FEBRUARY 2026**

A **Westerly wave** is likely to approach Western parts of the country on **8th February 2026** and likely to grip upper parts on **9th February 2026**. Under the influence of these Meteorological conditions following are the likely Impact areas: -

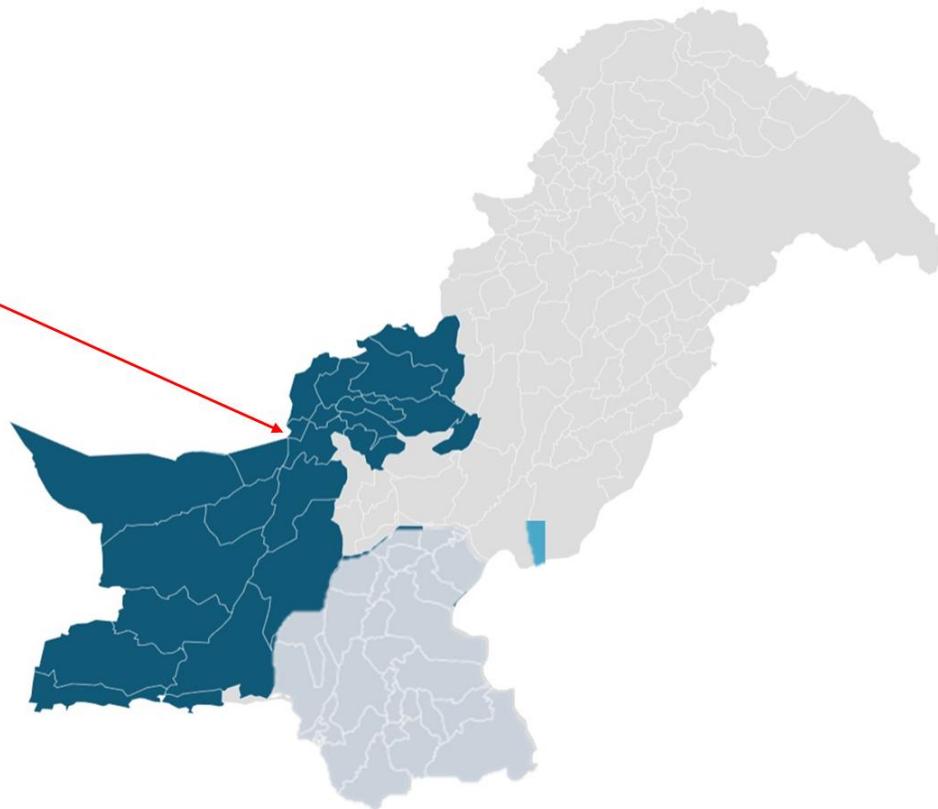




RAIN-WIND/THUNDERSTORM (WITH SNOWFALL OVER THE HILLS) IS EXPECTED ON 8TH AND 9TH FEBRUARY

Balochistan

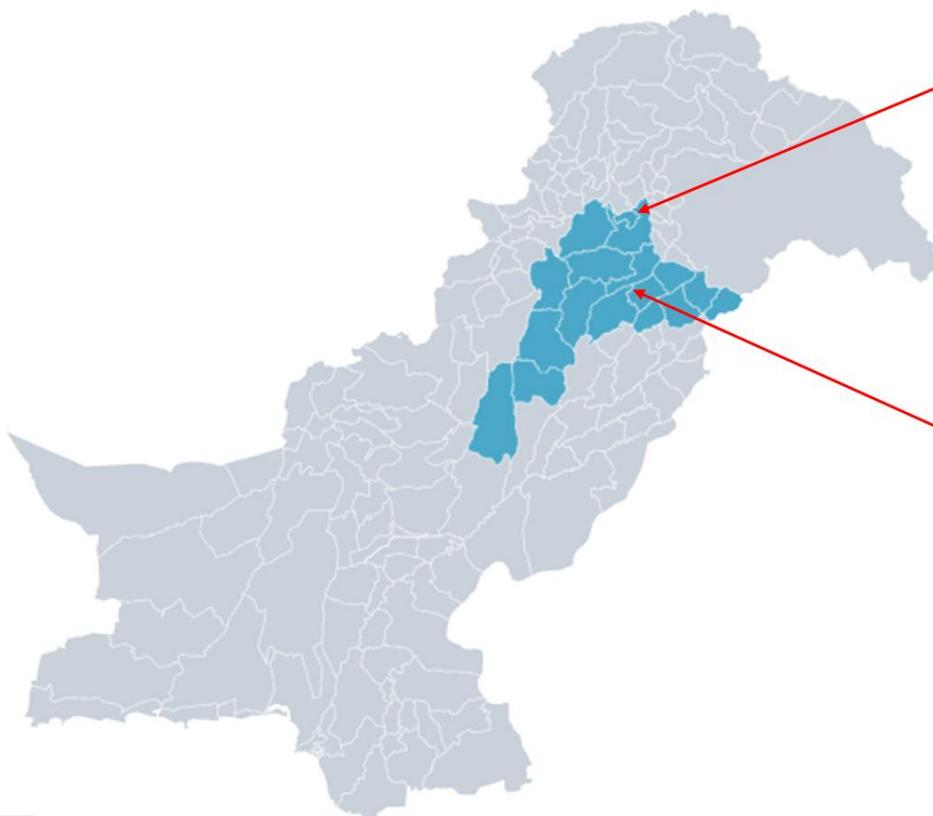
- Quetta
- Ziarat
- Chaman
- Pishin
- Killa Abdullah
- Killa Saifullah
- Chaghi
- Noushki
- Harnai
- Zhob
- Kalat
- Mastung
- Barkhan
- Sibi
- Loralai
- Khuzdar
- Kech
- Gawadar
- Panjgur
- Awaran



RAIN-WIND/THUNDERSTORM (WITH SNOWFALL OVER THE HILLS) IS EXPECTED AT ISOLATED PLACES FROM 9TH (EVENING) TO 10TH FEBRUARY WHILE PARTLY CLOUDY WEATHER IN LAHORE DURING THE PERIOD. HAILSTORM IS LIKELY AT ISOLATED PLACES DURING THE PERIOD. GUSTY WINDS/WINDSTORM IS LIKELY IN SOUTHERN DISTRICTS

ICT:

- ### Punjab:
- Murree
 - Galliyat
 - Rawalpindi
 - Attock
 - Chakwal
 - Jhelum
 - Sargodha
 - Mianwali
 - Bhakkar
 - Layyah
 - Dera Ghazi Khan
 - Khushab
 - Jhang
 - Noorpurthal
 - Gujrat
 - Gujranwala
 - Hafizabad
 - Mandi Bahauddin
 - Sialkot
 - Narowal



2. While in **Sindh** partly cloudy to cloudy weather is expected over most districts of the province with light rain/drizzle with **gusty winds may occur** in **Coastal Areas** on **8th and 9th February 2026**.
3. Under the influence of this weather system, following are likely impacts: -
 - a. **Snowfall** may cause road closure/ slippery conditions in **Naran, Kaghan, Dir, Swat, Kalam, Chitral, Kohistan, Mansehra, Shangla, Astore, Hunza, Skardu, Neelum valley, Muzaffarabad, Poonch, Hattian, Bagh and Haveli** from **9th to 10th February 2026**.
 - b. Possibility of the **landslides/avalanche** in **hilly areas** of **upper Khyber Pakhtunkhwa, Gilgit-Baltistan** and **Kashmir** during the period.
 - c. Tourists are advised to remain cautious and avoid unnecessary travelling during the forecast period.
 - d. Day time temperatures are likely to drop during the period.
 - e. During the period low level **flash floods** may occur in local **nullahs / streams**.
 - f. **Heavy Downpour** may cause urban flooding in low lying areas as well.
 - g. Electricity / other utility services may get disrupted.
 - h. **Isolated hailstorm** may cause damage to cause **injures** and **damage** to **infrastructures, orchards, farms** and **vehicles** etc.
 - i. Windstorms may **damage crops, loose structures**, etc.
 - j. **Thunderstorms** to increase risk of **lightning strikes**.
 - k. General public is advised to be aware of **loose** structures like **billboards, electrical poles, solar panels, hoardings**, etc.
 - l. **Windstorms** may **damage crops, loose structures**, etc.
 - m. Farmers are advised to plan and manage their **activities** in **accordance** with **weather forecasts**, especially regarding **hailstorms** and **frost conditions**.
 - n. **Tourists** and **traveler** are advised to remain extra cautious, **check weather updates** before traveling and avoid **unnecessary travelling** during the **forecast period**.
 - o. Avoid **outdoor exposure during rains, strong winds**, and **prolonged cold** and **windy conditions, particularly at night** and in **early morning hours**.
 - p. **Landslides / mudslides** may lead to **potential road blockages**.
 - q. **Tourists** and **travelers** visiting **mountainous areas** are **advised** to **remain cautious** of **flash floods, avalanche glaciers, landslides, rock fall / tree fall, derbies / mud flow** during the period.
 - r. **Cold conditions and snow make create Black Ice over the roads.**

4. In this regard, all concerned Federal Ministries / Departments, respective Provincial Governments, their line departments including PDMA / 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) **Seek Shelter Immediately**: Move indoors or take cover in a sturdy building or vehicle.
 - (b) **Stay Away from Windows**: Hail can shatter glass - stay in a windowless room if possible.
 - (c) **Protect Your Head**: 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) **Do Not Drive in Heavy Hail**: Visibility drops drastically and roads become slippery.
 - (f) **Listen to Weather Updates**: Use radio, mobile alerts, or apps to monitor the situation.
 - (g) **Cover Vehicles and Equipment**: If time allows, protect vehicles, livestock, and outdoor equipment with tarps or blankets.
 - (h) **Wait for the All-Clear**: 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) **Do Not Seek Shelter Under Trees or Poles**: 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) **Do Not Use Electrical Appliances**: Avoid wired devices, plumbing, and electronics during accompanying thunderstorms.
 - (d) **Move Away from Drainage Canals and Pondages**: Avoid standing nearby drainage canals and pondages as it attracts lightning.
 - (e) **Seek Shelter Immediately**: 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

- (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 or snowmelt flow** 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 snow- covered roads even shallow moving **water or black ice** can be **life-threatening**
 - (k) **Avoid trekking, hiking, or camping** during **heavy rains risk of landslides, slippery trails, and flash floods** increases.
 - (l) **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.

b. **DDMAs / Local Administrations / DM Responders**

- (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**

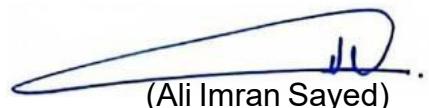
- (1) Ensuring **interagency coordination** and **information sharing** for monitoring and handling emergencies.
- (2) Raise **mass awareness** through **respective platforms** relevant

- (3) Ensure **strict** and **proactive monitoring** of the **movement** around/ in close vicinity of nullahs and water channels to **avert possibilities** of **drowning**.

5. In this regard, all concerned Federal Ministries / Departments, respective Provincial Governments, their line departments including PDMA / GBDMA / SDMA/ ICT Administration, DDMAs/ local administrations, municipal authorities of major metropolises are advised to **ensure all necessary measures**.

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

7. For latest weather updates please visit: <https://www.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)
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, PDMA, 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: Secretary to Prime Minister, Prime Minister's Office, Islamabad
Secretary, Cabinet Division, Islamabad
Joint Crises Management Cell, Joint Staff Headquarters, Chaklala Cantt
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



Key Guidelines for Winter Travel Safety

Check Weather Forecast

Regularly check NDMA's website & mobile app for updated weather information.



Check NH&MPH Website

Before departing, check with National Highways & Motorway Police (NH&MP) on their website for road conditions of intended route.



Ensure Availability of Anti-Skid Chains

Check requirement of anti-skid/tire chains and coordinate its availability in case of need.



Carry Warm Clothes

Carry enough quantity of warm clothing for all passengers to keep warm during extreme weather conditions and provide an option of changing into dry clothes, if required.



Ensure Fresh Air Circulation

Keep passage for fresh air circulation through air conditioning mechanism or keeping a window slightly open.



Check Alerts/Advisories

Check websites of respective PDMA / GBDMA / SDMA for area specific alerts / advisories.



Take Travel Essentials

Carry basic travel necessities i.e., drinking water, medicine and enough snacks / food which can suffice for basic needs of all accompanying travelers for a period of at least 48 hours.



Vehicle Maintenance Before Travel

Ensure proper checking and maintenance of vehicle from a mechanic before commencement of journey. Also carry a spare tire, radiator fluids and lubricants, as advised by the mechanic.



Confirm Accommodation Before Travel

Ensure availability of accommodation and seek prior confirmation from hotel / guestroom for reservations before departing on trip, including:-

- (a) Prevailing situation in the area
- (b) Road condition and diversions
- (c) Traffic flow pattern and busy hours to avoid traffic jams.
- (d) Availability of medical and health facilities





Key Guidelines for Local Administration / Hotel Management

Strengthen Local Monitoring Systems

Energize existing local administration / DDMA and line department-based monitoring and reporting mechanism.



Awareness Campaigns on Region level

Prepare general and region specific awareness campaigns and ensure wide spread propagation of likely threats / hazards.



Deploy Medical Resources

Medical resources, paramedics, equipment and medicine be deployed as per the vulnerability / risks identified in different regions.



Travel Advisory on Road Conditions

LEAs along with traffic police to advise travelers regarding likely situations of road closure/slippery conditions and use of precautionary measures.



Warn Tourists About Risk Zones

Travelers and tourists be forewarned about likely risks posed at vulnerable locations.



Community-Based Hazard Monitoring

Engage local communities at hazard prone sites to enable round the clock monitoring and feedback mechanism for early warnings and alerts.



Pre-Position Machinery

In coordination with NHA / FWO, local C&W and line departments to devise and pre-place appropriate machinery at vulnerable / choke points.



Traffic Management Plans

Devise city-based snow clearance and traffic management plans especially in snow prone areas likely to face greater influx of tourists.



Establish Emergency Operations Center

Establish Emergency Operations Centers (EOCs) at district and provincial levels for continuous monitoring of the situation. Ensure coordination of response efforts among relevant agencies through these centers.





موسم سرما کےحوالے سے ضروری احتیاطی تدابیر



خوراک کا ذخیرہ

- جلد خراب نہ ہوئے اور آسانی سے پکنے والی اشیاء خوردنو ش کا ذخیرہ کریں مثلاً دب بند خوراک، چاول اور دالیں وغیرہ۔
- نوزالیہ بچوں کی موجودگی کی صورت میں فارمولہ دوہ، پیغمبر اور دیگر ضرورت کی اشیاء کی موجودگی بھی یقینی بنالیں۔



بجلی یا گیس کی ممکنہ بندش

کسی بھی منگامی صورت حال کے پیش نظر بجلی یا گیس کی ممکنہ بندش کی صورت میں کھانا پکانے کے لئے متبادل ذرائع جیسے گیس سیلنڈر وغیرہ کا بندوبست یقینی بنالیں۔



فرست ایڈ کٹ

ضروری سامان کی ساتھ ایک فرست ایڈ کٹ کا بھی بندوبست کریں۔ فرست ایڈ کٹ میں پشاں، مرمم، زخموں کے لئے بیٹڈ، وغیرہ ضروری ادویات مثلاً پریسٹامول، اسپرین، امودیم وغیرہ شامل رکھیں۔



سردی سے بچاؤ کا اتمام

گھروں اور کمروں کو گرم رکھنے کے لئے مقامی طور پر دستیاب مواد استعمال کریں، جیسے کھڈکیوں اور دروازوں پر بھاری یردے یا کمل۔ ٹھنڈے سے بچنے کے لئے یاں کے یاپوں کو انسولٹ کریں تاکہ یاپ میں پانی نہ جھی۔



روایتی حرارتی طریقہ

سردی سے بچاؤ کے لئے گرم کبڑوں کی ساتھ رواتن طریقہ کار اپنالیں جیسا کہ کولالوں کی انگلیہن وغیرہ، گیس کے چھوٹے کا استعمال محدود کریں اور گیسوں کے اخراج کے لئے مناسب طریقہ کار اختیار کریں۔



بجلی کے متبادل ذرائع

- یقینی بنالیں کہ آپ کے پاس بیک آپ پاور سورس ہے، جیسے کہ جنریٹر یا بیٹری سے چلنے والا پاور ہے۔
- فلیش لائٹس اور دیگر آلات کے لئے اضافی بیٹریاں رکھیں۔



برف مٹانے کا سامان

برف مٹانے کا سامان مثلاً بیچجہ، برف پگھلانے والی کھیکل اور راستوں سے برف مٹانے کے لئے ضروری اشیاء اور منصوبہ بندی کو یقینی بنالیں۔



گرم کپڑے اور کمل

- سردی سے بچاؤ کے لئے گرم کپڑے، کمل، شال اور رہائی وغیرہ کا استعمال کریں علاوہ ازین گرم نوپیں، دستانے، سکاراف اور موزوں کا استعمال یقینی بنالیں۔



ابتدائی طبی امداد کا طریقہ کار

- سردیوں کے دوران زخموں اور بیماریوں سے بچاؤ کے لئے ابتدائی طبی امداد کی بنیادی اصولوں سے آگاہ رہیں۔



انخلاع کا منصوبہ

ممکنہ انخلاع کے لئے قبل از وقت منصوبہ بندی کریں۔ انخلاع کی صورت میں مقامی سطح پر راستوں کا تعین اور محفوظ مقامات تک پہنچنے کی تیاری رکھیں۔

Home Winterized Checklist



FOOD SUPPLIES

- Stock up on non-perishable food items that require minimal cooking, such as canned goods, rice, and lentils.
- Ensure you have an ample supply of diapers, formula, and other necessities for infants and young children.



EMERGENCY COOKING

Have an alternative means for cooking in case of power outages, such as a portable stove, etc.



FIRST AID KIT

- Assemble a basic first aid kit with essential supplies.
- Bandages, Band-aids, Alcohol Pads, etc.
- Essential Medicines; Paracetamol, Aspirin, Imodium, etc.



INSULATION IMPROVEMENTS

- Use locally available materials for additional insulation, such as heavy curtains or blankets on windows and doors.
- Insulate water pipes to prevent freezing
- Allow faucets to drip during extremely cold nights to prevent pipe freezing.



TRADITIONAL HEATING METHODS

- Explore traditional heating methods like charcoal braziers or clay stoves if modern heating sources are limited.
- Avoid Carbon monoxide poisoning through proper ventilation.



BACKUP POWER

- Ensure you have a backup power source, such as a generator or battery-operated power packs.
- Have extra batteries for flashlights and other devices.



SNOW REMOVAL EQUIPMENT

- Have snow shovels, ice melt, and a snow blower if necessary.
- Keep paths and driveways clear to prevent accidents.



WARM CLOTHING AND BLANKETS

- Ensure you have enough warm clothing, including hats, gloves, scarves, and thermal socks.
- Have extra blankets for warmth.



LEARN BASIC FIRST AID

- Learn Basic First Aid:
- Refresh your knowledge of basic first aid techniques to handle common winter related injuries.



PLAN FOR EVACUATION

Know your local evacuation routes and have a plan in case you need to leave your home.





Avoid Spot Treat



Hypothermia & Frostbite

When going outside be sure to wear

A scarf or knit mask that covers
face and mouth

Hat

Gloves or mittens

Water resistant coat

Wear several layers of clothing

Water resistant boots



When going outside in winter make sure body parts most often
affected by frostbite are covered in warm, dry clothing.



Know who is Most at Risk



Hikers, Hunters,
Homeless



Older adults



People Working
Outdoors



Babies sleeping
in cold rooms



Avoid ❄ Spot ❄ Treat



Hypothermia & Frostbite

Hypothermia



Signs & Symptoms

Adults

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

Infants

- Bright red, cold skin
- Very low energy

Frostbite



Signs & Symptoms

- Redness or pain in any area of skin

Other Signs

- White / grayish yellow skin area
- Skin that feels
- Unusually firm or waxy skin
- Numbness



If a person's temperature is below 35° get medical attention immediately.



Avoid Spot Treat



Hypothermia



Frostbite

Since skin may be numb, frostbite victims may harm themselves further and use caution when treating frostbite



1
Don't walk on feet or toes with frostbite



2
Don't use a fireplace, heat lamp, radiator, or stove for warming



4
Do not use a heating pad or electric blanket for warming



3
Do not rub or massage areas with frostbite

BLACK ICE KEY PRECAUTIONS & SAFETY MEASURES

1. **Identify High-Risk Zones**. Black ice is most likely to form in areas that lack ground insulation or direct sunlight:
 - a. **Bridges and Overpasses**: These freeze first because cold air circulates both above and below the structure.
 - b. **Shaded Areas**: Roads under trees, tunnels, or tall buildings may remain frozen long after other sections have thawed.
 - c. **Intersections**: Frequent stopping and starting can melt snow, which then refreezes into slick patches.
2. **Defensive Driving Techniques**.
 - a. **Slow Down and Space Out**: Reduce your speed significantly and increase your following distance to 8–10 seconds (compared to the usual 2–3 seconds).
 - b. **Avoid Cruise Control**: Never use cruise control on potentially icy roads, as it can cause the vehicle to accelerate during a loss of traction, leading to a spin-out.
 - c. **Use Smooth Movements**: Avoid sudden steering, hard braking, or rapid acceleration, which can easily break tire traction.
 - d. **Signal Early**: Use your headlights at all times to increase visibility and signal your intentions well in advance.
3. **How to Respond to a Skid**. If you hit a patch of black ice and your vehicle begins to slide:
 - a. **Stay Calm and Do Little**: Take your foot off the accelerator immediately, but do not slam on the brakes.
 - b. **Steer Into the Skid**: Gently turn your steering wheel in the direction the back of the car is sliding to help the tires regain grip.
 - c. **Braking**:
 - (1) **With ABS**: Apply firm, steady pressure; the system will pulse automatically.
 - (2) **Without ABS**: Gently pump the brakes to prevent them from locking up.
4. **Vehicle Preparation**
 - a. **Install Winter Tires**: Specialized rubber compounds stay flexible in the cold, providing much better grip on ice than all-season tires.
 - b. **Carry an Emergency Kit**: Pack essentials such as a shovel, sand or kitty litter for traction, blankets, a flashlight, and jumper cables.
 - c. **Clear Visibility**: Ensure all windows, mirrors, and external camera sensors are completely free of ice and frost before departing.

BLACK ICE KEY SAFETY MEASURES FOR HILLY TERRAIN

1. **Utilize Low Gears.** For both ascending and descending, shift into a lower gear to maintain control and reduce wheel spin without relying heavily on brakes.
2. **Maintain Momentum Uphill.** Build a steady amount of inertia on flat ground before reaching the incline. Avoid stopping or "powering up" (applying extra gas) mid-hill, as this causes tires to spin freely on ice.
3. **Controlled Descents:** Slow down significantly before reaching the crest of a hill. Once descending, maintain a low speed to prevent a "runaway" skid.
4. **Use Hill Descent Control.** If your vehicle is equipped with Hill Descent Control (HDC), engage it on steep, icy gradients to let the car's sensors automatically manage braking.
5. **Identify Mountain Specific Risks.**
 - a. **Valley Floors:** Cold air often pools in mountain valleys, making these roads prone to thick black ice.
 - b. **Crests of Hills:** These areas freeze quickly due to increased wind exposure, similar to bridges.
6. **Vehicle Readiness.**
 - a. **Snow Tires/Chains:** In mountainous regions, dedicated snow tires or carrying chains is essential for navigating the steep inclines where standard tires fail.
 - b. **Check Outside Temperature:** Monitor your car's thermometer; be extra cautious if it drops near or below 4°C (40°F), as road surfaces can freeze before the air does.

PMD PRESS RELEASE

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)/2017/153

Press Release:

Date: 07th February, 2026
Time: 14:00 PST

Rain-wind/thunderstorm in Balochistan and upper parts from 08th (night) to 10th February

Met office predicted that a westerly wave is likely to approach western parts of the country on 08th February and likely to grip upper parts on 09th February. Under the influence of this weather system:

- **Balochistan:** Rain-wind/thunderstorm (with snowfall over the hills) is expected in (Quetta, Ziarat, Chaman, Pishin, Qilla Abdullah, Qilla Saifullah, Chaghi, Noushki, Harnai, Zhob, Kalat, Mastung, Barkhan, Sibi, Loralai, Khuzdar, Kech, Gawadar, Panjgur and Awaran) on 08th and 09th February.
- **Kyber Pakhtunkhwa:** Rain-wind/thunderstorm (with snowfall over the hills) is expected in (Chitral, Dir, Swat, Kalam, Shangla, Kohistan, Buner, Battagram, Mansehra, Abbottabad, Haripur, Mardan, Peshawar, Swabi, Charsadda, Kohat, Kurram, Bannu, Bajaur, Mohmand, Khyber, Orakzai, Dera Ismail Khan and Waziristan) on 09th and 10th February. Hailstorm is likely at isolated places during the period.
- **Punjab/Islamabad:** Rain-wind/thunderstorm (with snowfall over the hills) is expected at isolated places in Murree, Galiyat, Islamabad/Rawalpindi, Attock, Chakwal, Jhelum, Sargodha, Mianwali, Bhakkar, Layyah, Dera Ghazi Khan, Khushab, Jhang, Noorpurthal, Gujrat, Gujranwala, Hafizabad, Mandi Bahauddin, Sialkot and Narowal from 09th (evening) to 10th February while partly cloudy weather in Lahore during the period. Hailstorm is likely at isolated places during the period. Gusty winds/windstorm is likely in southern districts.
- **Gilgit Baltistan and Kashmir:** Rain-wind/thunderstorm with snowfall is expected in (Diamir, Astore, Ghizer, Skardu, Hunza, Gilgit, Guanche, Shigar), Kashmir (Neelum valley, Muzaffarabad, Poonch, Hattian, Bagh, Haveli, Sudhanoti, Kotli, Bhimber, Mirpur) on 09th and 10th February. Hailstorm is likely at isolated places in Kashmir during the period.
- **Sindh:** Partly cloudy to cloudy weather is expected over most districts of the province with light rain/drizzle with gusty winds may occur in Coastal Areas on 08th and 09th February.

Possible Impacts and advises:

- Snowfall is likely to cause traffic disruptions & slippery conditions in Naran, Kaghan, Dir, Swat, Kalam, Chitral, Kohistan, Mansehra, Abbottabad, Shangla, Astore, Hunza, Skardu, Murree, Galliyat, Neelum valley, Bagh, Poonch and Haveli from 09th (night) and 10th February.
- landslides may occur in vulnerable 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 forecast period.

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

Spokesperson
Ph: 051-9250363-4

08 (رات) سے 10 فروری کے دوران میں بلوچستان اور بالائی علاقوں میں آندھی اور گرچچک کے ساتھ بارش اور باری متومع

مکمل موسمیات کی پیشگوئی کے مطابق مغربی ہواؤں کا سلسہ 08 فروری سے ملک کے مغربی علاقوں میں داخل ہو گا جو 09 فروری سے ملک کے بالائی علاقوں کو اپنی لپیٹ میں لے گا۔ اس موسمی نظام کے زیر اثر:

- **بلوچستان:** کوئلہ، زیدات، چمن، پٹشن، قصر، عہد اللہ، قلعہ سیف اللہ، چافی، نوکھی، ہر نائی، ٹوب، قلات، مستونگ، بار کھان، سی اور لور الائی میں 08 سے 09 فروری کے دوران **بیڑہواؤں اور گرچچک کے ساتھ بارش (بیڑہوں پر باری) متومع**۔

- **خیبر پختونخواہ:** پتھرال، دری، سوات، کالام، شالکہ، کوہستان، بونیر، بگرام، مانسہرہ، لہست آباد، ہری پور، مردان، پشاور، صوبی، چار سدہ، کوہاٹ، کرم، بون، باجور، مہمند، خیبر، اور کرکی، ذی رہا، میں خیل خان اور وزیرستان میں 09 اور 10 فروری کے دوران **خیبرہواؤں اور گرچچک کے ساتھ بارش (بیڑہوں پر باری) متومع**۔ اس دوران چند مقامات پر ٹالہ باری کا مکان ہے۔

- **پنجاب / اسلام آباد:** مری، گلیات، اسلام آباد، راولپنڈی، ایک، پچھوال، جہلم، سرگودھا، میانوالی، بھکر، لی، ذیر، فازی خان، خوشاب، جہک، تور پر قتل، سگرات، گوجرانوالہ، حافظ آباد، منڈی بہاؤالدین، سیاکوٹ اور نارواں میں 09 (شام) سے 10 فروری کے دوران **خیبرہواؤں / آندھی اور گرچچک کے ساتھ بارش (بیڑہوں پر باری) کی توقع**۔ اس دوران چند مقامات پر ٹالہ باری کا مکان ہے۔ جبکہ لاہور میں مطلع جزوی اب آؤور ہے گا۔ پتوں اخلاع میں خیبرہواؤں / آندھی کا مکان ہے۔

- **گلگت بلتستان اور کشمیر:** (دیہیر، ماسٹور، نگر، سکردو، ہنزہ، گلات، گوانچے، ٹھل، کشمیر (دلوی ٹیم، مظفر آباد، پونچہ، میان، بانش، حوالی، سدھاولی، کوٹی، بھیر، میرپور) میں 09 (رات) اور 10 فروری کے دوران **خیبرہواؤں اور گرچچک کے ساتھ بارش (بیڑہوں پر باری) متومع**۔ اس دوران کشمیر میں چند مقامات پر ٹالہ باری کا مکان ہے۔

- **سندھ:** صوبے کے پیشہ اخلاع میں مطلع جزوی اب آؤور ہے گے کے علاوہ ساحلی علاقوں میں 08 سے 09 فروری کے دوران **خیبرہواؤں کے ساتھ باری بارش / باری باری کی وحشیتی** ہو سکتی ہے۔

مکمل اثرات اور احتیاطی تدابیر:

- 09 (رات) اور 10 فروری کے دوران **بیڑہوں کے باعث ناروان، کامان، دری، سوات، کالام، پتھرال، کوہستان، مانسہرہ، لہست آباد، شالکہ، استور، ہنزہ، اسکردو، مری، گلیات، دادی ٹیم، بانش، پونچہ اور حوالی میں زیست کی رہائی میں مطلع کا تدابیر۔**
- بالائی خیبر پختونخواہ، گلگت بلتستان اور کشمیر میں چند مقامات پر لیٹ سائینس گک ہو سکتی ہے۔
- اس دوران سیاحوں کو قفارہ پیچے اور خیبر پختونخواہ میں انتباہ کی بہریت۔

نوت: امام حلقہ اور دوں کو "اٹس" رہنے اور کسی ناخواہد و افسوس سے پیچ کے لیے قائم خیبر پختونخواہ اقدامات کرنے کی دیریت کی جاتی ہے۔

لارڈز تین ملین کے لئے <https://www.pmd.gov.pk/en/>

پاک دبہ، رائیگان <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 & IRS
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 (مکمل موسمیات)

Ph 051-9250363-4