



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

**MOST IMMEDIATE**

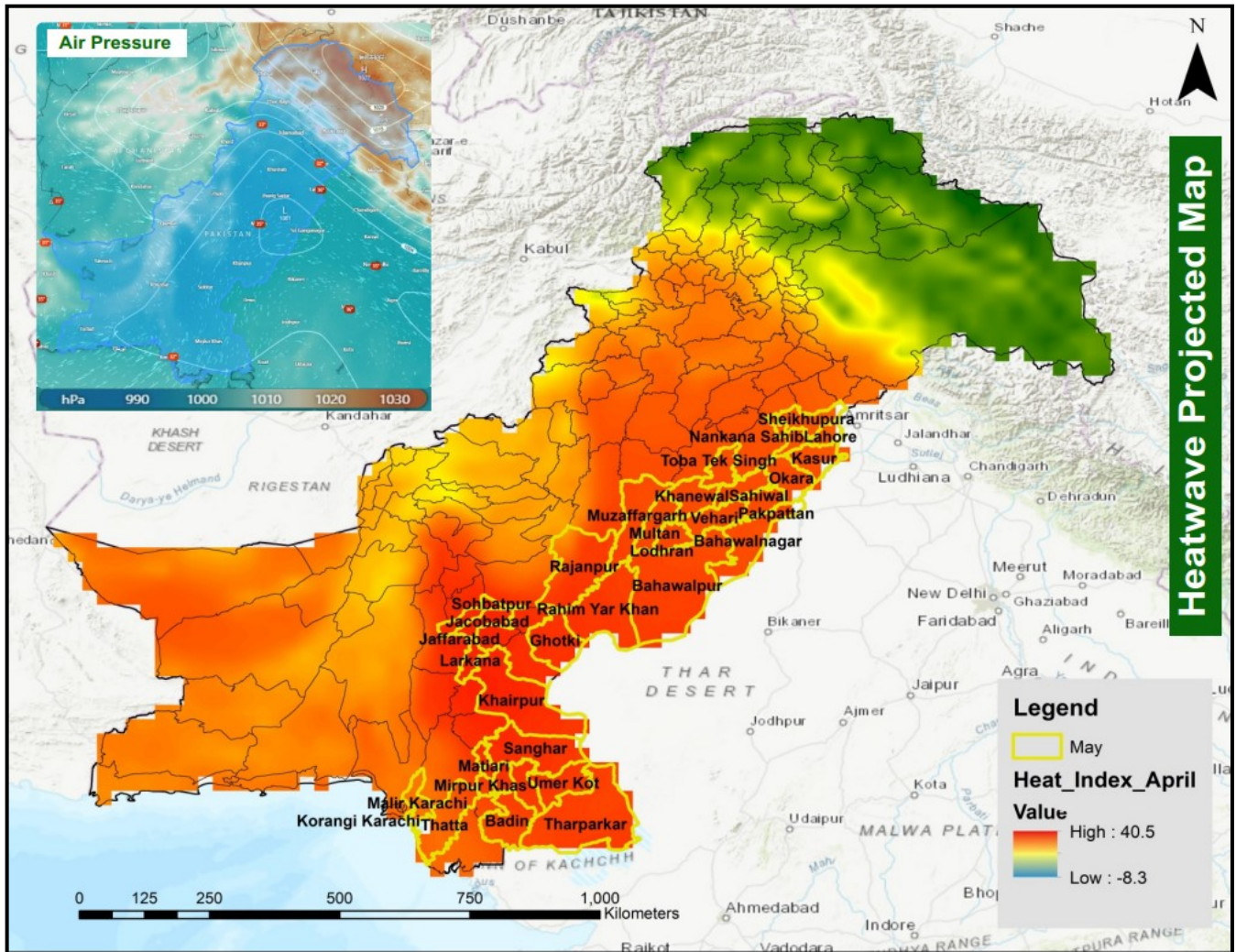
Dated: 14 May 2025

Subject: **Heatwave Conditions Predicted in the Country from 15<sup>th</sup> to 20<sup>th</sup> May 2025**

A high pressure is likely to grip most parts of the country on **15<sup>th</sup> May 2025**. Under the influence of this meteorological condition:-

- Day temperatures are likely to remain **04°C to 06°C above normal** in **Southern half (Sindh, Southern Punjab and Balochistan)** from **15<sup>th</sup> to 20<sup>th</sup> May 2025**.
- Day temperatures are likely to remain **05°C to 07°C above normal** in upper half (**Central & Upper Punjab, Islamabad, Khyber-Pakhtunkhwa, Kashmir, Gilgit-Baltistan**) from **15<sup>th</sup> to 19<sup>th</sup> May 2025**.

2. A **Westerly weather** system is expected to enter Upper parts of the country on **19<sup>th</sup> May (evening/night) 2025**. Rain, wind / thunderstorm (**isolated heavy-falls / hailstorm**) is expected in **Kashmir, Islamabad, Pothohar** region including **Northeast Punjab, Upper Khyber-Pakhtunkhwa and Gilgit-Baltistan** on **19<sup>th</sup> / 20<sup>th</sup> May 2025**.



3. All **PDMAs, 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) **PDMAs**, in coordination with **DDMAs 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/ DDMAs/ 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** must 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.

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 **(11:00 AM to 4:00 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) Encourage local cable operators and 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 Mosques, 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**.

4. In case of any eventuality, routine updates will be shared with NDMA.

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

6. Forwarded for information/ 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)/2017/113

Date: 14<sup>th</sup> May, 2025  
Time: 11:00 PST

**Heatwave Alert:**

**First heatwave for the month of May-2025 is expected during next three to four days**

Met office predicted that a high pressure is likely to grip most parts of the country on 15<sup>th</sup> May.

Under the influence of this meteorological condition:

- Day temperatures are likely to remain **04 to 06°C above normal in southern half** (Sindh, southern Punjab and Balochistan) **from 15<sup>th</sup> to 20<sup>th</sup> May.**
- Day temperatures are likely to remain **05 to 07°C above normal** in upper half (central & upper Punjab, Islamabad, Khyber-Pakhtunkhwa, Kashmir, Gilgit-Baltistan) **from 15<sup>th</sup> to 19<sup>th</sup> May.**

A westerly weather system is expected to enter upper parts of the country on **19<sup>th</sup> May (evening/night)**. Rain-wind/thunderstorm (isolated heavyfalls/hailstorm) is expected in Kashmir, Islamabad, Pothohar region including northeast Punjab, upper Khyber-Pakhtunkhwa and Gilgit-Baltistan on **19<sup>th</sup>/20<sup>th</sup> May.**

**Possible Impacts and advice:**

- **Due to heatwave conditions in the country, general public especially children, women and senior citizens are advised to take precautionary measures.**
- **Avoid exposure to direct sun light during the day time and remain hydrated.**
- **Farmers are advised to manage their crop activities keeping in view the weather conditions and take care of their livestock as well.**
- **Rising temperatures in northern areas may enhance snowmelt rate during the forecast period.**
- **Judicious use of water is requested in all fields of life.**

**Note:** All concerned authorities are advised to remain “ALERT” and take necessary measures to avoid any untoward situation due to heatwave conditions.

For latest weather updates please visit: <https://www.pmd.gov.pk/en/>

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### ہیٹ ویو الرٹ

### اگلے تین سے چار دنوں کے دوران مئی-2025 کی پہلی گرمی کی لہر کی پیش گوئی

- محکمہ موسمیات کے مطابق 15 مئی سے ہوا کا زیادہ دباؤ ملک کے بیشتر علاقوں پر اثر انداز ہو گا۔ جس کے باعث:
- 15 سے 20 مئی کے دوران ملک کے جنوبی علاقوں (سندھ، جنوبی پنجاب اور بلوچستان) میں دن کا درجہ حرارت معمول سے 04 سے 06 ڈگری سینٹی گریڈ زیادہ رہنے کا امکان۔
  - 15 سے 19 مئی کے دوران ملک کے بالائی علاقوں (وسطی/بالائی پنجاب، اسلام آباد، خیبر پختونخوا، کشمیر، گلگت بلتستان) میں دن کا درجہ حرارت معمول سے 05 سے 07 ڈگری سینٹی گریڈ زیادہ رہنے کی توقع۔
  - 19 مئی (شام/رات) سے مغربی ہواؤں کا سلسلہ ملک کے بالائی علاقوں میں داخل ہونے کی پیش گوئی۔ کشمیر، اسلام آباد، خطہ پوٹھوہار سمیت شمال مشرقی پنجاب، بالائی خیبر پختونخوا اور گلگت بلتستان میں 19/20 مئی سے آندھی/جھکڑ چلنے اور گرج چمک کے ساتھ بارش کا امکان ہے۔ اس دوران چند مقامات پر موسلا دھار بارش/ثرالہ باری کی توقع۔

### محکمہ اثرات اور احتیاطی تدابیر:

- گرمی کی لہر کی وجہ سے عوام الناس بالخصوص بچوں، خواتین اور بزرگ شہریوں کو احتیاطی تدابیر اختیار کرنے کا مشورہ۔
  - دن کے دوران دھوپ میں کم سے کم نکلا جائے۔ اور پانی کا زیادہ استعمال کریں۔
  - کاشت کار حضرات فصلوں کے معاملات موسمی حالات کے مطابق ترتیب دیں۔ اور اپنے جانوروں کو گرم موسم سے محفوظ رکھیں۔
  - شمالی علاقوں میں درجہ حرارت میں اضافہ برف پگھلنے کی شرح کو بڑھا سکتا ہے۔
  - زندگی کے تمام شعبوں میں پانی کے درست استعمال کی ہدایت۔
- نوٹ:** تمام متعلقہ اداروں کو ”الرٹ“ رہنے اور گرمی کی لہر کی وجہ سے کسی ناخوشگوار واقعہ سے بچنے کے لیے تمام ضروری اقدامات کرنے کی ہدایت کی جاتی ہے۔

تازہ ترین معلومات کے لئے <https://www.pmd.gov.pk/en/>

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