



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

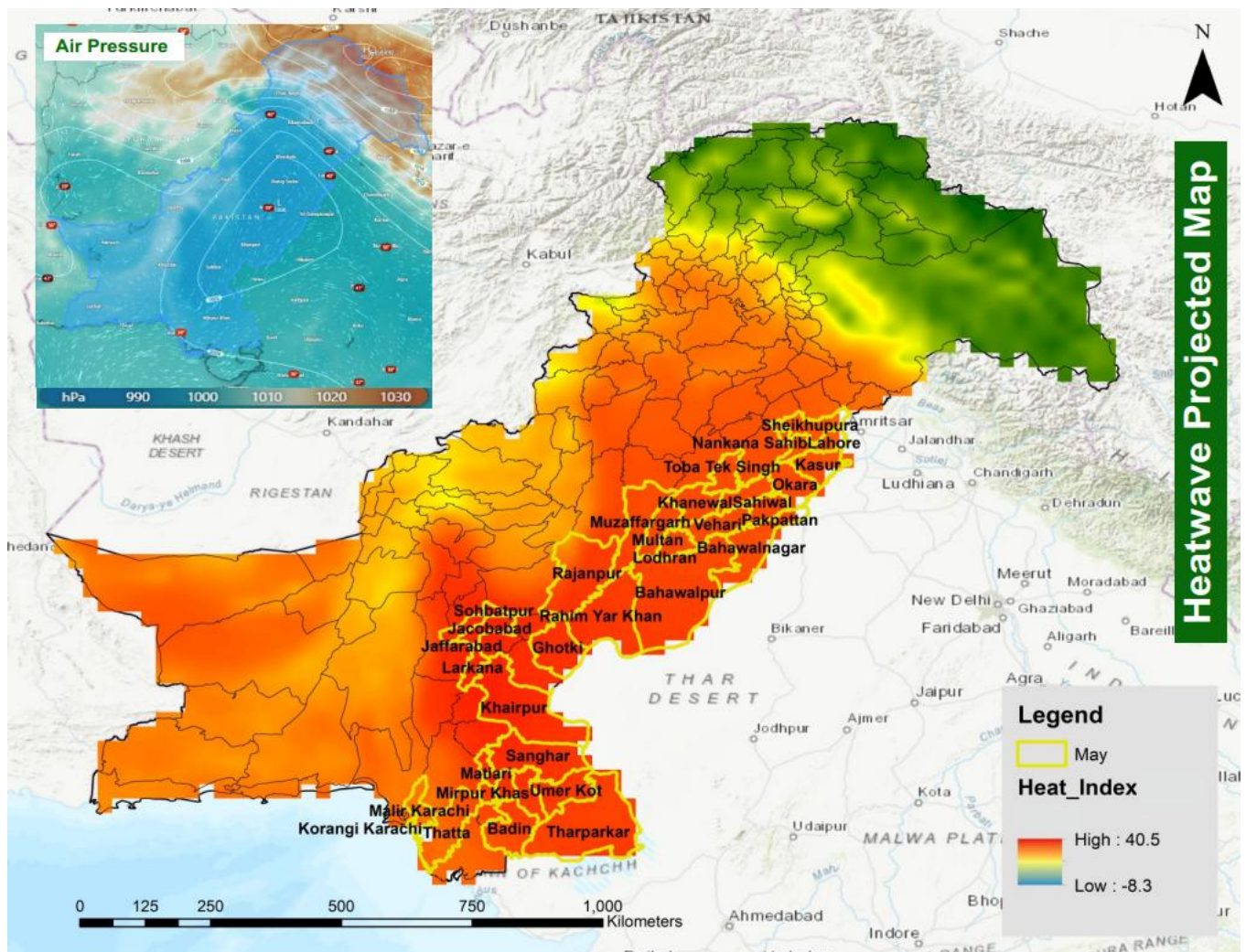
MOST IMMEDIATE

Dated: 19 May 2025

Subject: **Heatwave Conditions Predicted in the Country from 20th to 24th May 2025**

A high pressure is likely to persist in **upper atmosphere** during the **current week**.
 Under the influence of this meteorological condition:-

- a. Day temperatures are likely to remain **04 to 06°C above normal** in **Southern half (Sindh, Southern Punjab and Balochistan)** from **20th to 24th May 2025**.
- b. 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 **20th to 24th May 2025**.
- c. **Dust-storm /gusty winds** are expected at isolated places over plain areas due to excessive heating during the forecast period.



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)/2017/114

Date: 19th May, 2025
Time: 16:30 PST

Heatwave Alert:

Heatwave is likely to continue during the current week

Met office predicted that a high pressure is likely to persist in upper atmosphere during the current week. 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 20th to 24th 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 20th to 24th May.
- Duststorm/gusty winds are expected at isolated places over plain areas due to excessive heating during the forecast period.

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 latest 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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17. Directors RMC's & Electronic and Print Media.

Spokesperson
Ph: 051-9250363-4



NWFC-5(10A)/2017/114

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ہیٹ ویلارٹ

رواں ہفتے کے دوران گرمی کی لہر جاری رہنے کی پیش گوئی

محلہ موسمیات کے مطابق ہوا کا زیادہ پاور واں ہفتے کے دوران بھی موجود رہنے کا امکان ہے۔ جس کے باعث:

- 20 سے 24 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۔
- 20 سے 24 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۔
- اس دوران شدید گرمی کے باعث میدانی علاقوں میں چند مقامات پر آندھی/جھکڑ چلنے کی توقع۔

محلہ اثرات اور احتیاطی تدابیر:

- گرمی کی لہر کی وجہ سے تمام اناس بالخصوص بچوں، خواجین اور بزرگ شہریوں کو احتیاطی تدابیر اختیار کرنے کا مشورہ۔
 - دن کے دوران دھوپ میں کم سے کم گزارا 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۔
 - مثالی علاقوں میں درجہ حرارت میں اضافہ برف پگھلنے کی شرح کو بڑھا سکتا ہے۔
 - دھوپ کے تمام حصوں میں پانی کے درست استعمال کی ہدایت۔
- نوٹ: تمام حلقہ اداروں کو مہارت منسپ 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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تعمین (محلہ موسمیات)

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