



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

MOST IMMEDIATE



Dated: **6 July 2026**

Subject: **Rain Windstorm/ Thundershowers Predicted in Upper/ Central Parts During Next 2 Days**

Pakistan Meteorological Department (**Annex-A**) has predicted that moist currents from the **Arabian Sea** are continuously penetrating the **Upper Parts** of the country, while **moist currents** from the **Bay of Bengal** are also expected to enter **Northeastern** parts from today (**evening/night**). Meanwhile, a **Westerly wave** is likely to approach **Upper Parts** of the country in next **12 hours**. However seasonal low lies **North-West Balochistan**. Under the influence of this weather system:

- a. **Azad Jammu & Kashmir**. **Scattered rain-windstorm/ thunderstorm (with few heavy falls/ hailstorm)** is expected in Neelum valley, Muzaffarabad, Rawalakot, Poonch, Hattian, Bagh, Haveli, Sudhanoti, Kotli, Bhimber and Mirpur from **6th (night)** to **8th July 2026** with occasional gaps.
- b. **Khyber Pakhtunkhwa**. **Scattered rain-windstorm/ thunderstorm (with few heavy falls/ hailstorm)** is expected in Dir, Chitral, Swat, Kohistan, Malakand, Nowshera, Charsadda, Karak, Tank, Lakki Marwat, Swabi, Shangla, Battagram, Buner, Kohat, Kurram, Bajaur, Mohmand, Khyber, Orakzai, Mansehra, Abbottabad, Haripur, Peshawar, Mardan and Hangu from **6th (night)** to **8th July 2026** while in Waziristan, Bannu and Dera Ismail Khan on **7th & 8th July** with occasional gaps.
- c. **Punjab/ Islamabad**. **Scattered rain-windstorm/ thundershower (with few heavy falls/ hailstorm)** Islamabad/Rawalpindi, Murree, Galliyat, Attock, Chakwal, Jhelum, Mandi Bahauddin, Gujrat, Gujranwala, Hafizabad, Wazirabad, Faisalabad, Khushab, Sargodha, Lahore, Sheikhpura, Sialkot, Narowal, Sahiwal, Jhang, Toba Tek Singh, Pakpattan, Nankana Sahib, Chiniot, Okara and Kasur from **6th (evening/ night)** to **8th July 2026**, while in Noor Pur Thal, Bhakkar, Layyah Mianwali, Bahawalpur, Bahawalnagar, D.G. Khan, Multan, Khanewal, Lodhran, Muzaffargarh and Rajanpur from **7th & 8th July** with occasional gaps.
- d. **Gilgit Baltistan**. **Rain-windstorm/ thundershower (with few heavy falls/ hailstorm)** Diamer, Astore, Ghizer, Skardu, Hunza, Gilgit, Ghanche and Shigar from **7th & 8th July** with occasional gaps.
- e. **Balochistan**. **Isolated rain-windstorm/ thundershower** is expected in North/ Northeastern parts (Zhob, Sherani, Kohlu, Musakhel Naseerabad, Harnai, Sibbi, Khuzdar and Dera Bugti) from **7th (night) & 8th July 2026**.

- f. **Sindh**. Mainly hot and very humid weather is expected in most parts of the province. However, **isolated rain-windstorm/ thundershower** is likely in Tharparkar, Sukkur, Shikarpur, Larkana, Dadu, Jacobabad, Shaheed Benazirabad, Qambar Shahdadkot and Naushahro Feroze on **7th & 8th July 2026**.
2. Under the influence of this weather system, following are likely impacts: -
- a. **Strong Windstorm/ hailstorm** and **lightning** may damage weak structures (electric poles, bill boards, solar panels etc) during the forecast period.
- b. Heavy rains may cause **Urban/ Flash flooding** in Rawalpindi/ Islamabad, Peshawar Nowshera, Gujranwala, Lahore and Faisalabad on **7th & 8th July 2026**.
- c. **Landslides** may occur in vulnerable areas of upper **Khyber** Pakhtunkhwa, Gilgit-Baltistan and Kashmir from **7th to 8th July 2026**. Water flow may increase in local streams and nullahs of Kashmir, Khyber Pakhtunkhwa, Gilgit Baltistan & hill torrents of D.G Khan on **7th & 8th July 2026**.
- d. Prevailing hot & humid conditions are likely to subside during the forecast period.
3. Keeping in view the aforesaid situation general public is advised to follow the safety measures mentioned below :-
- 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 **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) Keep adequate **supply** of **clean drinking water** and **food item**.
 - (f) Wear **weather appropriate clothing**.
 - (g) Keep at least **20 feet distance** from **River** and **Nullahs**.
 - (h) Choose **hotels** or **guest houses** located on **higher ground** and **away** from **rivers, lakes or nullahs** during this time period.
 - (i) Ask **hotel staff** about **emergency exits**, **local hazards** and **evacuation procedures** in **case of flooding**.
 - (j) **Avoid swimming** in the rivers/ nullah and any water body during this time period.
 - (k) **Avoid walking** or **driving through** flooded areas just **6 inches** of **moving water can knock you off your feet**.
 - (l) **Avoid trekking, hiking, or camping** during **heavy rains** **risk** of **landslides, slippery trails** and **flash floods** increases.
 - (m) **Avoid self-driving** in unfamiliar or **hilly areas** **during rains** opt for **local drivers** who know the terrain.
 - (n) **Do not attempt** to cross **bridges** or **roads submerged** in water they may be **damaged** or **unstable**.

- (o) **Cooperate with locals** and **district authorities**, **rescue agencies** during emergencies or **weather** disruptions.
- (4) Do not risk cross any **drain** or **road overtopping** with **water flow**. Wait for flows to normalize and priorities/ ensure safety.
- (5) Do not risk **enter** a **ponded under-construction road**.
- (6) Do not take/ allow children **close** to **ponds/ stagnant** water, water **drainage lines** or any place where **pot holes** are **present**.
- (7) Sensitize all concerned on risks posed by **venturing into water channels** and **crossing nullahs** during flash floods.
- (8) Do not handle/ repair any **electrical equipment**, especially with **exposed lines** to preclude risk of electrocution **during rainfall/ thunderstorms** and water pondage.
- (9) Avoid staying in **weak structures**. In case of **intense rain**, seek shelter in safe places such as schools, government buildings, or any concrete buildings.

4. In this regard, all concerned Federal Ministries/ Departments, respective Provincial Governments, their line departments including PDMAs/ GBDMA/ SDMA/ ICT Administration, DDMA/ local administrations, municipal authorities of major metropolises are advised to **ensure following along with any other measures deemed necessary**: -

a. **DDMA/ Local Administrations/ DM Responders**

- (1) Activation and deputation of duty staff for **round-the-clock monitoring** through Emergency Operation Centres (**EOCs**) during this time period.
- (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, if required.
- (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.

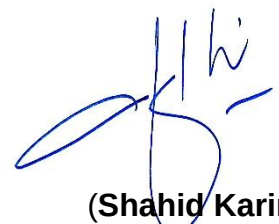
b. **PDMAs/ SDMA/ GBDMA/ ICT Administration**

- (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.

c. **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**.

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



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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)/2026/02

Date: 06th July, 2026

Time: 1400 PST

Press release:

Rain windstorm/thundershowers predicted in upper/central parts during next 2 days

Met office predicted moist currents from the Arabian Sea are continuously penetrating the upper parts of the country, while moist currents from the Bay of Bengal are also expected to enter northeastern parts from today (evening/night). Meanwhile, a westerly wave is likely to approach upper parts of the country in next 12 hours. However seasonal low lies north-west Balochistan. Under the influence of this weather system:

- **Kashmir:** Scattered rain windstorm/thundershower (with isolated heavyfalls) is expected in (Neelum valley, Muzaffarabad, Rawalakot, Poonch, Hattian, Bagh, Haveli, Sudhanoti, Kotli, Bhimber, Mirpur) from 06th (night) to 08th July with occasional gaps.
- **Khyber-Pakhtunkhwa:** Scattered rain windstorm/thundershower (with isolated heavyfalls) is expected in (Dir, Chitral, Swat, Kohistan, Malakand, Nowshera, Charsadda, Karak, Tank, Lakki Marwat, Swabi, Shangla, Battagram, Buner, Kohat, Kurram, Bajaur, Mohmand, Khyber, Orakzai, Mansehra, Abbottabad, Haripur, Peshawar, Mardan, Hangu from 06th (night) to 08th July, while in Waziristan, Bannu and Dera Ismail Khan on 07th & 08th July with occasional gaps.
- **Punjab/Islamabad:** Scattered rain windstorm/thundershower (with isolated heavyfalls) is expected in Islamabad/Rawalpindi, Murree, Galliat, Attock, Chakwal, Jhelum, Mandi Bahauddin, Gujrat, Gujranwala, Hafizabad, Wazirabad, Faisalabad, Khushab, Sargodha, Lahore, Sheikhupura, Sialkot, Narowal, Sahiwal, Jhang, Toba Tek Singh, Nankana Sahib, Chiniot, Okara, Kasur from 06th (evening/night) to 08th July, while in Noor Pur Thal, Bhakkar, Mianwali, Layyah, Bahawalpur, Bahawalnagar, D.G. Khan, Multan, Khanewal, Lodhran, Muzaffargarh, Kot Addu, Rahim Yar Khan and Rajanpur on 07th & 08th July with occasional gaps.
- **Gilgit-Baltistan:** Rain windstorm/thunderstorm is expected in (Diamir, Astore, Ghizer, Skardu, Hunza, Gilgit, Ghanche, Shigar) on 07th & 08th July with occasional gaps.
- **Balochistan:** Isolated rain windstorm/thundershower is expected in north/northeastern parts (Zhob, Sherani, Kohlu, Musakhel, Naseerabad, Hamai, Sibbi, Barkhan, Dera Bugti and Khuzdar) on 07th (night) & 08th July.
- **Sindh:** Mainly hot and very humid weather is expected in most parts of the province. However, isolated rain windstorm/thundershower is likely in Tharparkar, Sukkur, Shikarpur, Larkana, Dadu, Jacobabad, Shaheed Benazirabad, Qambar Shahdadkot and Naushahro Feroze on 07th / 8th July.

Possible Impacts and advises:

- Windstorm & lightning may damage weak structures (solar panels, electric poles, bill boards etc.) during the forecast period.
- Landslides may occur in vulnerable areas of upper Khyber Pakhtunkhwa, Gilgit-Baltistan and Kashmir on 07th to 08th July. Water flow may increase in local streams and Nullahs of Kashmir, Khyber Pakhtunkhwa, Gilgit Baltistan and hill torrents of D. G. Khan on 07th & 08th July.
- Heavy rains may cause localized Urban flooding in Islamabad/Rawalpindi, Peshawar, Nowshera, Gujranwala, Lahore and Faisalabad on 07th / 8th July.
- Tourists and travelers are advised to remain extra cautious and avoid unnecessary travelling during the forecast period.
- Farmers are advised to manage their crop activities keeping in view the weather conditions and take care of their livestock as well.
- Prevailing hot and humid conditions are likely to subside 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://weather.gov.pk> Pak Weather application <https://play.google.com/store/apps/details?id=com.pmd.kissan>

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Spokesperson

Ph: 051-9250363-4



NWFC-5(10A)/2026/02

Date: 06th July, 2026
Time: 1400 PST

پیشہ مندرجہ ذیل:

ہلائی اور وسطی علاقوں میں آنکھ دور دوڑ کے دوران آنکھ می، بھٹک اور گرج چمک کے ساتھ بارش کی پیش گوئی

محکمہ موسمیات کے مطابق مرطوب ہوائیں مسلسل بحیرہ عرب سے ملک کے ہلائی علاقوں میں داخل ہو رہی ہیں، جبکہ آج شام ارام سے غلج، نکال سے مرطوب ہوائیں بھی ملک کے شمال مشرقی علاقوں میں داخل ہونے کا امکان ہے۔ آنکھ 12 گھنٹوں کے دوران ایک مغربی ہواؤں کا سلسلہ بھی ملک کے ہلائی علاقوں پر اثر انداز ہونے کا امکان ہے۔ جس کے زیر اثر:

• شعبہ 06 جولاہی (رات) سے 08 جولاہی کے دوران: (واوی نیلم، مظفر آباد، راولا کوٹ، کوچھ، ہٹیاں، بانج، جوہلی، سدھوتی، کوٹلی، بھمبر اور میرپور) میں کھیں کھیں پر تیز ہواؤں / آنکھ می اور گرج چمک کے ساتھ وقفے وقفے سے بارش کا امکان۔ اس دوران بعض مقامات پر موسلا دھار بارش کی بھی توقع۔

• شعبہ 06 جولاہی (رات) سے 08 جولاہی کے دوران: (دیر، پترال، سوات، کوہستان، ملاکنڈ، نوشہرہ، چارسدہ، کرک، ٹانک، مکی مروت، صوابی، شانگلہ، بنگرام، پونیر، کوہاٹ، کرم، ہاجوڑ، مہمند، خیبر، اورکزئی، مانسہرہ، پٹانہ، پشاور، مردان اور گلگت میں کھیں کھیں وقفے وقفے سے تیز ہواؤں / آنکھ می اور گرج چمک کے ساتھ بارش (چند مقامات پر موسلا دھار بارش)، جبکہ 07 اور 08 جولاہی کے دوران وزیرستان، بنوں اور ڈیرہ اسماعیل خان میں چند مقامات پر تیز ہواؤں / آنکھ می اور گرج چمک کے بارش کی توقع۔

• مختار اسلام آباد: 06 جولاہی (شام) سے 08 جولاہی کے دوران: (اسلام آباد اور اولپنڈی، مری، گلیات، ٹانک، چکوال، جہلم، منڈی بہاؤالدین، گجرات، گوجرانوالہ، حافظ آباد، وزیر آباد، فیصل آباد، خوشاب، سرگودھا، لاہور، شیخوپورہ، سیالکوٹ، تارو وال، ساہیوال، چنگ، ٹوبہ ٹیک سنگھ، ننکانہ صاحب، چنیوٹ، اوکاڑہ اور قصور میں بعض مقامات پر تیز ہواؤں / آنکھ می اور گرج چمک کے ساتھ وقفے وقفے سے بارش جبکہ چند مقامات پر موسلا دھار بارش۔ تاہم 07 اور 08 جولاہی کے دوران نورپور، قلعہ، جکمر، میانوالی، دیہ، بہاولپور، بہاولنگر، ڈیرہ غازی خان، منان، خانیوال، لودھراں، مظفر گڑھ، کوٹ اود، رحیم یار خان میں چند مقامات پر تیز ہواؤں / آنکھ می اور گرج چمک کے ساتھ بارش کا امکان۔

• گلگت بلتستان 07 اور 08 جولاہی کے دوران: (دیپام، استور، نذر، اسکردو، ہنزہ، گلگت، چاغچے اور شگر) میں وقفے وقفے سے تیز ہواؤں اور گرج چمک کے ساتھ بارش کا امکان۔

• بلوچستان 07 جولاہی (رات) اور 08 جولاہی: کوٹلی / شمال مشرقی اضلاع (ژوب، شیرانی، کولہ، موٹی نیل، نسیم آباد، ہرنائی، سی، بارکھان، ڈیرہ گمش اور خضدار) میں چند مقامات پر تیز ہواؤں / آنکھ می اور گرج چمک کے ساتھ بارش کی توقع۔

• سمند 07 اور 08 جولاہی کے دوران: صوبے کے بیشتر اضلاع میں موسم گرم اور نہایت مرطوب رہنے کا امکان ہے۔ تاہم (تھر پارکر، سکھر، شکارپور، لاڑکانہ، دادو، جیکب آباد، شہید بنظیر آباد، قمبر شہداد کوٹ اور نوشہرہ فیروز) میں چند مقامات پر تیز ہواؤں / آنکھ می اور گرج چمک کے ساتھ بارش کا امکان۔

نکات اہم اور احتیاطی تدابیر:

- موسلا دھار بارش، تیز آنکھ می اور آسمانی بجلی گرنے کے باعث کڑور، قیرات (سورہ پٹنر، بجلی کے کیمے، بل بھڑڈو، فیروزہ) کو نقصان پہنچنے کا خدشہ ہے۔
- 07 اور 08 جولاہی کے دوران ہلائی خیبر پختونخوا، گلگت بلتستان اور شعبہ کے پہاڑی علاقوں میں لینڈ سلائیڈنگ کا خدشہ ہے۔
- 07 اور 08 جولاہی کے دوران شعبہ، خیبر پختونخوا، گلگت بلتستان کے مقامی ندی نالوں اور ڈیرہ غازی خان کے پہاڑی برساتی نالوں میں بجلی کے بہاؤ کی خطرناک صورتحال کا امکان۔
- 07 اور 08 جولاہی کے دوران اسلام آباد اور اولپنڈی، پشاور، نوشہرہ، گوجرانوالہ، لاہور اور فیصل آباد میں موسلا دھار بارشوں کے باعث ٹھیک ملائے زیر آب آئے کا خدشہ۔
- سیاحوں اور مسافروں کو ہدایت کی جاتی ہے کہ موسم کی پیش گوئی کے مطابق غیر ضروری سفر سے گریز کریں اور دوران سفر احتیاطی تدابیر لیں۔
- کسان حضرات کو ہدایت کی جاتی ہے کہ موسمی حالات کو مد نظر رکھتے ہوئے اپنی فصلوں کے امور کو ترجیح دیں اور مویشیوں کی مناسب دیکھ بھال کو یقینی بنائیں۔
- بارشوں کے سلسلے کے دوران ملک میں جاری گرمی اور صحت کی شدت میں بتدریج کمی آنے کی توقع۔

نوٹ: تمام حلقہ داروں کو "مارٹ" سے اپنے اور کسی ناظرین کو "مارٹ" سے اپنے کے لیے تمام ضروری اقدامات کرنے کی ہدایت کی جاتی ہے۔

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