



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 IMMEDIATEDated: **28 July 2026**

Subject: **More Monsoon Rains Predicted in the Country from 29th July to 05th August**

Pakistan Meteorological Department (**Annex-A**) has informed that **Monsoon Currents** from **Arabian Sea & Bay of Bengal** are likely to penetrate **Upper** and **Central parts** of the country from **29th July 2026**. A **Westerly Wave** is currently affecting **Northern areas**, which is likely to strengthen and affect most **Upper** and **Central parts** from **01st August 2026**. Under the influence of this weather system:-

- a. **Kashmir.** **Rain-wind/ thundershowers** (**with scattered heavy falls at times very heavy**) is expected in (Neelum valley, Muzaffarabad, Rawalakot, Poonch, Hattian, Bagh, Haveli, Sudhnoti, Kotli, Bhimber and Mirpur) from **28th July (night) to 05th August 2026** with **occasional gaps**.
- b. **Punjab/ Islamabad**
 - (1) **Rain-wind/ thundershowers** (**with scattered heavy falls at times very heavy**) is expected in Islamabad/ Rawalpindi, Murree, Galliyat, Attock, Chakwal, Jhelum, Mandi Bahauddin, Gujrat, Gujranwala, Hafizabad, Wazirabad, Sialkot, Narowal, Lahore, Okara, Kasur, Sheikhupura, Nankana Sahib, Faisalabad, Jhang, Toba Tek Singh, Chiniot, Khushab, Mianwali, Layyah, Bhakkar, Noor pur thal, Sargodha, Sahiwal and Pakpattan from **29th July to 04th August 2026** with **occasional gaps**.
 - (2) **Rain-wind/ thundershowers** (**with scattered heavy falls**) is expected in Bahawalpur, Bahawalnagar, Rahim Yar Khan, Khanpur, Multan, Vehari, Khanewal, Lodhran, Muzaffargarh, Kot Addu, Dera Ghazi Khan and Rajanpur from **31st July to 03rd August 2026** with **occasional gaps**.
- c. **Khyber-Pakhtunkhwa.** **Rain-wind/ thundershowers** (**with scattered heavy falls at times very heavy**) is expected in (Dir, Chitral, Swat, Kohistan, Malakand, Nowshera, Charsadda, Karak, Tank, Lakki Marwat, Swabi, Shangla, Battagram, Buner, Kohat, Kurram, D.I Khan, Bannu, Waziristan, Bajaur, Mohmand, Khyber, Orakzai, Mansehra, Abbottabad, Haripur, Peshawar, Mardan and Hangu from **29th July to 05th August 2026** with **occasional gaps**.
- d. **Gilgit-Baltistan.** **Rain-wind/ thunderstorm** (**with moderate to heavy falls**) is expected in (Diamir, Astore, Ghizer, Skardu, Hunza, Gilgit, Ghanche and Shigar) from **28th July (evening/ night) to 06th August 2026** with **occasional gaps**.

- e. **Balochistan**. **Rain-wind/ thundershowers** (with isolated heavy falls) is expected in **Eastern/ Southern** parts (Zhob, Sherani, Loralai, Kohlu, Sibbi, Kalat, Naseerabad, Jhal Magsi, Jaffarabad, Barkhan, Dera Bugti and Khuzdar, Lasbella, Awaran, Turbat, Kech, Panjgur, Ormara, Pasni and Gwadar) from **31st July (evening/ night)** to **03rd August 2026** with **occasional gaps**.
 - f. **Sindh**. **Rain-thundershowers** with (isolated moderate to heavy falls) is expected in Tharparkar, Umer Kot, Mirpur Khas, Badin, Sanghar, Tando Muhammad Khan, Tando Allahyar, Hyderabad, Karachi, Mityari, Jamshoro, Shaheed Benazirabad, Ghotki, Kashmore, Jacobabad, Shikarpur, Sukkur, Qambar Shahdadkot, Larkana, Khairpur, Nausheroferoze and Thatta districts from **31st July (evening/ night)** to **02nd August 2026** with **occasional gaps**.
2. Under the influence of this weather system, following are likely impacts: -
- a. Strong **Windstorm** and **lightning** may damage weak structures (electric poles, bill boards, solar panels etc) during the forecast period.
 - b. **Heavy rains** may cause **Urban flooding** in **low lying areas** of Islamabad/ Rawalpindi, Peshawar, Nowshera, Gujranwala, Gujrat, Sialkot, Lahore, Multan and Faisalabad from **30th July to 04th August**. While in Sindh (Nawabshah, Sukkur, Shahed Benazirabad, Hyderabad, Thatta, Badin, Sanghar, Khairpur, Mithi, Mir Pur Khas, Umer Kot, Tando Muhammad Khan and Tando Allahyar) from **31st to 02nd July 2026**.
 - c. **Landslides** may occur in **vulnerable areas** of upper Khyber Pakhtunkhwa (Dir, Chitral, Swat, Kohistan, Buner, Battagram, Mansehra, Haripur, Abbottabad), Gilgit-Baltistan, Murree, Galliyat and Kashmir from **30th July to 05th August 2026**.
 - d. **Heavy rains** may generate **flash floods** in **Local Streams/ Nullahs** of Kashmir, Murree, Galliyat, Northeastern Punjab, Islamabad, Khyber Pakhtunkhwa, Gilgit Baltistan, hill torrents of D. G. Khan and Northeastern parts of Balochistan during the **forecast period**.
 - e. Tourists and travelers are advised to remain cautious during the forecast period
 - f. Farmers are advised to manage their crop activities keeping in view the weather conditions and take care of their livestock as well.
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 **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**.
- (2) **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.
- (3) Do not risk cross any **drain** or **road overtopping** with **water flow**. Wait for flows to normalize and priorities/ ensure safety.
- (4) Do not risk **enter** a **ponded under-construction road**.
- (5) Do not take/ allow children **close** to **ponds/ stagnant** water, water **drainage lines** or any place where **pot holes** are **present**.
- (6) Sensitize all concerned on risks posed by **venturing into water channels** and **crossing nullahs** during flash floods.
- (7) Do not handle/ repair any **electrical equipment**, especially with **exposed lines** to preclude risk of electrocution **during rainfall/ thunderstorms** and water pondage.
- (8) 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)/2026/06

Date: 28th July, 2026

Time: 1115 PST

Weather Advisory:

More Monsoon Rains predicted in the country from 29th July to 05th August

Met office has informed that monsoon currents from Arabian Sea & Bay of Bengal are likely to penetrate upper and central parts of the country from 29th July. A westerly wave is currently affecting northern areas, which is likely to strengthen and affect most upper and central parts from 01st August. Under the influence of this weather system:

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- **Possible Impacts and advises:**
 - Heavy rains may cause Urban flooding in low lying areas of Islamabad/Rawalpindi, Peshawar, Nowshera, Gujranwala, Gujrat, Sialkot, Lahore, Multan and Faisalabad from 30th July to 04th August. While in Sindh (Nawabshah, Sukkur, Shahed Benazirabad, Hyderabad, Thatta, Badin, Sanghar, Khairpur, Mithi, Mir Pur Khas, Umer Kot, Tando Muhammad Khan, Tando Allahyar) from 31st to 02nd July.
 - Landslides may occur in vulnerable areas of upper Khyber Pakhtunkhwa (Dir, Chitral, Swat, Kohistan, Buner, Battagram, Mansehra, Haripur, Abbottabad), Gilgit-Baltistan, Murree, Galliat, and Kashmir from 30th July to 05th August.
 - Heavy rains may generate flash floods in local streams/Nullahs of Kashmir, Murree, Galliat, Northeastern Punjab, Islamabad, Khyber Pakhtunkhwa, Gilgit Baltistan, hill torrents of D. G. Khan and Northeastern parts of Balochistan during the forecast period.
 - Heavy rains, Windstorm & lightning may damage weak structures (solar panels, electric poles, bill boards etc.) during the forecast period.
 - Tourists and travelers are advised to remain cautious 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.

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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17. Rescue 1122.
18. Directors RMC's & Electronic and Print Media.

Spokesperson
Ph: 051-9250363-4



NWFC-5(10A)/2026/06

Date: 28th July, 2026
Time: 1115 PST

29 جولائی سے 05 اگست کے دوران ملک میں مزید مون سون بارشوں کی پیش گوئی

عقلمند قوم سمیت کے مطابق 29 جولائی سے خیر و عوب اور فحش کال سے مومن سوانہوا کی ملک کے بالائی اور وسطی علاقوں میں داخل ہونے کا امکان ہے۔ مغربی افواہوں کا سلسلہ اس وقت شمالی علاقوں کو متاثر کر رہا ہے، جو مزید شدت اختیار کر کے 01 اگست سے ملک کے بیشتر بالائی اور وسطی علاقوں کو متاثر کر سکتا ہے۔ ان موحی حکام کے زیر اثر:

- [illegible]

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