



F.2(E)/2026-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: **6 June 2026**

Subject: **Heatwave Conditions likely to develop in Up-coming Week**

Pakistan Meteorological Department (PMD) informed that a **high pressure** is likely to develop in upper atmosphere on **8<sup>th</sup> June 2026** and likely to persist till **11<sup>th</sup> June 2026**. Under the influence of this system, **Heatwave conditions** are likely to develop over the country from **7<sup>th</sup> to 12<sup>th</sup> June 2026**.

- a. **Maximum temperature** is likely to remain **04 - 06 °C** above normal and may rise to **41 - 46 °C** in districts "Peshawar, Mardan, Bannu, Karak, Lakki Marwat and D.I Khan" from **8<sup>th</sup> to 11<sup>th</sup> June**. While **37 - 40 °C** in "Chitral, Dir, Swat and Gilgit-Baltistan" from **8<sup>th</sup> to 10<sup>th</sup> June**.
- b. **Maximum temperature** is likely to remain **05 - 07 °C** above normal and may rise to **41 - 44 °C** in the districts "Islamabad, Rawalpindi, Attock, Chakwal, Jhelum, Gujrat, Mirpur, Bhimber, Kotli, Bagh and Muzaffarabad" from **8<sup>th</sup> to 10<sup>th</sup> June**. While **44 - 48 °C** in districts "Lahore, Okara, Kasur, Faisalabad, Sargodha, Joharabad, Khushab, Mianwali, Noor Pur Thal, Jhang, Toba Tek Singh, Sahiwal, Dera Ghazi Khan, Multan, Khanewal, Pakpattan, Rahim Yar Khan, Rajanpur, Bahawalpur, Bahawalnagar, Bhakkar, Layyah and Kot Addu" from **8<sup>th</sup> to 11<sup>th</sup> June**.
- c. **Maximum temperature** is likely to remain **04 - 06 °C** above normal and may rise to **48 - 51°C** in the districts "Sukkur, Shikarpur, Qambar Shahdadkot, Jacobabad, Larkana, Mohenjo Daro, Dadu, Shaheed Benazirabad, Ghotki, Khairpur, Nausheroferoze, Sibbi, Turbat and Panjgur" from **7<sup>th</sup> to 12<sup>th</sup> June**.
- d. **Very hot weather** is expected in Karachi during the forecast period and **maximum temperature** is likely to remain **40 - 43 °C** from **8<sup>th</sup> to 12<sup>th</sup> June**.
- e. **Night temperatures** are also likely to rise during the forecast period.
- f. Due to **intense heating dust-storm** may occur at isolated places in southern Punjab/ Sindh during the forecast period.

2. All PDMA, 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** shall 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.
- (13) **PMD/ PDMA/ PDMA, SDMA, GBDMA, ICT Administration, Ministry of Health/ Provincial Health Departments** to ensure monitoring of temperatures and humidity levels and disseminate **weather advisories/ forecasts/ precautionary measures** for general **public**.
- (14) **PDMA, SDMA, GBDMA, ICT Administration** and **health authorities** to develop Union Council level **Heatwave Response Units** to effectively, timely and locally respond to heatwave affected populations.
- (15) **PDMA, SDMA, GBDMA, ICT Administration** to establish and maintain **Control Rooms** for information and coordination during heatwave season. It is imperative that relevant staff is trained in heat-related response and rehabilitation efforts.
- (16) Provide support and resources to **vulnerable populations**, such as the **homeless** and **low-income individuals**, to ensure they have access to **adequate shelter** and **hydration** during heat waves.
- (17) Ministry of Information and Broadcasting to raise heat health awareness campaigns in the country before summer season.
- (18) **Health authorities** and **PDMA, SDMA, GBDMA, ICT Administration** to educate public on the early signs and symptoms of dehydration and subsequent evolving signs and symptoms of heat/ sun stroke including muscle cramps, nausea, committing, light-headedness and heart palpitations.
- (19) **Agriculture/ Irrigation departments** to advise farmers to manage crop water responsibly and harvest wheat as required.
- (20) **Provincial Forest Departments/ Public Health Engineering (PHE)/ Housing & Urban development (HUD)** to encourage green spaces by planting shade trees in cities.
- (21) Limit outdoor work and encourage employers to provide appropriate protective measures for outdoor workers.

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 **(10:00 AM to 5:00 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) Avoid **long-distance travel** during extreme heat unless necessary.
- (2) **Plan all travel carefully**; avoid moving during peak heat hours when possible.
- (3) **High temperatures** increase strain on vehicle systems.
- (4) 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) 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 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**.
3. In case of any eventuality, routine updates will be shared with NDMA.
  4. For public awareness, the NDMA has issued heatwave pictorial guidelines (**Annex-B**).
  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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**(DISTRIBUTION LIST BELOW)**

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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)/2017/171

Date: 06<sup>th</sup> June, 2026  
Time: 1500 PST

Press release:

### **Heatwave Conditions likely to develop in Up-coming Week**

Met office predicted that a high pressure is likely to develop in upper atmosphere on 08<sup>th</sup> June and likely to persist till 11<sup>th</sup> June. Under the influence of this system, **Heatwave conditions are likely to develop over the country from 07<sup>th</sup> to 12<sup>th</sup> June.**

- Maximum temperature is likely to remain **04 – 06 °C above normal** and may rise to **(41 - 46) °C** in the districts of Peshawar, Mardan, Bannu, Karak, Lakki Marwat, D.I Khan from **08<sup>th</sup> to 11<sup>th</sup> June**. While **(37 - 40) °C** in Chitral, Dir, Swat and Gilgit-Baltistan from **08<sup>th</sup> to 10<sup>th</sup> June**.
- Maximum temperature is likely to remain **05 – 07 °C above normal** and may rise to **(41 - 44) °C** in the districts of Islamabad, Rawalpindi, Attock, Chakwal, Jhelum, Gujrat, Mirpur, Bhimber, Kotli, Bagh and Muzaffarabad from **08<sup>th</sup> to 10<sup>th</sup> June**. While **(44 - 48) °C** in districts of Lahore, Okara, Kasur, Faisalabad, Sargodha, Joharabad, Khushab, Mianwali, Noor Pur Thal, Jhang, Toba Tek Sing, Sahiwal, Dera Ghazi Khan, Multan, Khanewal, Pakpattan, Rahim Yar Khan, Rajanpur, Bahawalpur, Bahawalnagar, Bhakkar, Layyah and Kot Addu from **08<sup>th</sup> to 11<sup>th</sup> June**.
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- Very hot weather is expected in Karachi during the forecast period and Maximum Temperature is likely to remain **(40-43) °C** from **08<sup>th</sup> to 12<sup>th</sup> June**.
- Night temperatures are also likely to rise during the forecast period.
- Due to intense heating dust-storm may occur at isolated places in southern Punjab/Sindh during the forecast period.

#### **Possible Impacts and advises:**

- Due to heatwave condition, general public especially children, women and senior citizens are advised to be extra cautious.
- Farmers are advised to manage their crop activities keeping in view the weather conditions and take care of their livestock as well.
- General public is advised to avoid unnecessary exposure to direct sunlight from (1000 to 1600 PST) and remain hydrated.
- Electricity demand/consumption may increase during the forecast period.
- Judicious use of water is requested in all aspects of life.

**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:**

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

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# HEATWAVE

## BE PREPARED





**A prolonged period of exceptionally hot weather, characterized by temperatures well above average, posing health risks and environmental challenges.**



**IF YOU ARE UNDER AN EXTREME HEAT WARNING**



**Watch for heat cramps, heat exhaustion and heat stroke.**



**Find air conditioning, if possible.**



**Wear light clothing.**



**Never leave people or pets in a closed car.**



**Avoid strenuous activities.**



**Drink plenty of fluids.**



**Watch for heat illness.**

**Heat-Related Illnesses**







Heat Stroke	Heat Cramps	Heat Exhaustion
<b>Signs</b>	<b>Signs</b>	<b>Signs</b>
<ul style="list-style-type: none"> <li>High body temperature. A core body temperature of 40 degrees Celsius or higher is the main sign of heatstroke.</li> <li>Red, hot and dry skin with no sweat</li> <li>Rapid, strong pulse</li> <li>Dizziness, confusion or unconsciousness</li> </ul>	<ul style="list-style-type: none"> <li>Muscle pain</li> <li>Spasms in the stomach, arms or legs</li> </ul>	<ul style="list-style-type: none"> <li>Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting</li> </ul>



# HEATWAVE



## Individual Guidelines

### Prepare



#### Keep Your Home Cool



Cover windows with drapes or shades.



Position fans near windows to draw in cooler air overnight and create cross-ventilation.



Plant trees outside windows to provide shade and reduce sunlight indoors.



Use window reflectors such as aluminum foil to reflect heat back outside.

### During



Find places with air conditioning



If you're outside, find shade.



Stay Hydrated.



#### **Do not use electric fans**

- Electric fans can become counterproductive when air temperatures exceed 35°C
- At very high temperatures, fans blow hot air over the body instead of cooling it
- This can increase heat stress rather than reduce it
- The body may absorb more heat than it loses under such conditions



**Avoid high-energy activities.**

### Respond



#### Heat Cramps **Actions**

- Go to a cooler location.
- Remove excess clothing.
- Take sips of cool sports drinks with salt and sugar.
- Get medical help if cramps last more than an hour.



#### Heat Exhaustion

##### **Actions:**

- Go to an air-conditioned place and lie down.
- Loosen or remove clothing.
- Take a cool bath & Take sips of drinks with salt and sugar.
- Get medical help if symptoms get worse or last more than an hour.



#### Heat Stroke **Actions:**

- Call for emergency medical assistance.
- Cool down constantly monitor temperature until help arrives.



# HEATWAVE



## Mitigation & Prevention (Government)



Keep close monitoring of vulnerable GLOF sites.



Make **judicious use of water** for drinking and cooling-off.



**Emergency Services / Fire Brigades to remain on alert** against Forest fire



**Alert medical services** to maintain requisite facilities such as heatstroke centers.



Take preventative measures against fires where possible



**Coordinate with NHA, NH&MP and FWO/NLC for necessary alerts** to travelers



Avoid direct exposure to sunlight during peak hours (10:00 am - 05:00 pm).



Inform farmers of **greater requirement of water** for crops, orchards and cattle.



# HEATWAVE ALERT

STAY COOL. STAY SAFE. STAY ALIVE.



## WHAT IS A HEATWAVE?

A prolonged period of unusually high temperatures that can seriously affect health, water, and daily life.



## DURING EXTREME HEAT – ACT SMART



### 1. STAY COOL

Cool body = Safe life



- Use fans, AC, or shaded areas
- Take cool showers

### 2. HYDRATE OFTEN

Don't wait for thirst



- Drink water every 20–30 minutes
- Avoid caffeine & sugary drinks



### 3. DRESS LIGHT

Loose, light, breathable



- Wear cotton, light-colored clothes
- Cover head with cap or scarf



### 4. AVOID PEAK HEAT

No sun, no harm



- Stay indoors (10 AM – 5 PM)
- Reschedule outdoor work



### 5. NEVER LEAVE IN CARS

A parked car = deadly trap



- Not even for a minute
- Check back seats always
- No flammable/ exploding matter in car



### 6. PROTECT THE VULNERABLE

Check. Care. Support.



- Elderly, children, sick people
- Ensure hydration & ventilation



### 7. LIMIT PHYSICAL ACTIVITY

Slow down to stay safe



- Avoid exercise in heat
- Rest frequently



### 8. LOOK OUT FOR OTHERS

Kindness saves lives



- Check on neighbours instead of neighbors and those working outdoors
- Offer water & support



## KNOW THE WARNING SIGNS



### HEAT STROKE

Body overheating = Life at risk



- Very high temperature
- Hot, dry skin
- Confusion / unconsciousness



**ACT FAST:**  
Call emergency services immediately

### HEAT EXHAUSTION

Your body is struggling



- Heavy sweating
- Weakness & dizziness
- Nausea / headache



**MOVE TO SHADE + HYDRATE IMMEDIATELY**

### HEAT CRAMPS

Pain is a warning



- Muscle cramps (legs, arms)



**REST + ELECTROLYTES**

### SIMPLE LIFE-SAVING TIPS



Water is your shield



Shade is your shelter



Rest is your protection



Awareness is your power

## BEAT THE HEAT – DON'T LET IT BEAT YOU



FOR EMERGENCIES  
CALL **1122**



DRINK WATER  
STAY HYDRATED



STAY INFORMED  
CHECK WEATHER UPDATES



STAY PREPARED  
STAY SAFE