



F.2(E)/2026-NDMA (MW/Heatwave Guidelines)
Government of Pakistan
Prime Minister's Office
National Disaster Management Authority (HQ)
 Main Murree Road Near ITP Office, Islamabad



Dated: **29 April 2026**

Subject: **HEATWAVE GUIDELINES**

NDMA, Tech Early Warning (EW) Team has anticipated that daytime temperatures during **May to June** will remain **above normal**. Given these conditions, all relevant stakeholders including **PDMAs, SDMA, GBDMA, ICT Administration, Health and Line Departments, Rescue Agencies, Armed Forces, and Federal Ministries** are advised to implement the following proactive measures to prepare for and respond to the anticipated heatwave:-

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, vomiting, 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) **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) 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**.

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

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

4. Forwarded for information/ necessary action, please.



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