



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



Dated: **30 April 2026**

Subject: **NDMA - Heatwave Advisory for Hajj Pilgrims**

Extreme heat during Hajj (often exceeding **40°C**), combined with high **crowd density** and **physical exertion**, significantly increases the **risk of dehydration**, **heat exhaustion**, and **heatstroke (life-threatening)**. In this regard, all Hujjaj are advised to strictly follow the guidelines below to ensure their safety:-

- a. The **highest risk period** is between **10:00 AM** to **5:00 PM**. Critical exposure areas include **Arafat plains**, **Mina routes** and **tents**, **Jamarat areas**, Haram courtyards, and **transport waiting zones**.
 - b. Early warning signs of heat-related illness include excessive sweating followed by **dry skin**, **intense thirst**, **fatigue**, **headache**, **dizziness**, **muscle cramps**, **nausea**, and **confusion**.
 - c. In case of symptoms, **immediately** move to a **shaded** or **air-conditioned area**, initiate cooling using **cold water** or a **wet cloth** on the **head** and **neck**, provide **ORS/electrolytes**, stop all physical activity, and seek the nearest medical assistance without delay.
 - d. Maintain **continuous hydration** throughout the day. Carry water bottles and ORS sachets at all times and do not rely solely on thirst.
 - e. Use **umbrellas** or sun protection during outdoor rituals and **avoid walking barefoot** on hot surfaces.
 - f. **Avoid overcrowded** or **poorly ventilated** areas.
 - g. Follow a buddy system to **monitor fellow pilgrims**, **especially high-risk individuals** including the elderly, persons with chronic illnesses (e.g., diabetes, cardiac conditions), women, children, and first-time pilgrims.
 - h. Signs of heatstroke include **hot** and **dry skin**, **altered mental state** or **unconsciousness**, and **body temperature above 40°C / 104°F**. This is a medical emergency requiring **immediate evacuation** and **urgent medical response**.
2. For ease of understanding and convenience of the Hujjaj, NDMA has also developed pictorial guidelines, attached as **Annex-A**.
 3. Forwarded for information/ necessary action, please.

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(DISTRIBUTION LIST ATTACHED)

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HEATWAVE ADVISORY FOR HAJJ PILGRIMS



HEATWAVE ADVISORY FOR HAJJ PILGRIMS

STAY SAFE DURING EXTREME HEAT CONDITIONS



**EXTREME HEAT
40°C+**
CAN BE LIFE-THREATENING



**PLAN, HYDRATE,
PROTECT —
HEAT CAN BE
DEADLY WITHIN
MINUTES**

WHAT IS HEAT STRESS DURING HAJJ?

Prolonged exposure to extreme temperatures (40°C+), crowded conditions, and physical exertion during rituals can lead to rapid dehydration, electrolyte imbalance and heat exhaustion, which may progress to heat stroke (life-threatening).

RISK WINDOW

10:00 AM – 5:00 PM

Peak solar radiation + ground heat reflection.
Highest incidence of collapse cases during Hajj operations.

HIGH-RISK LOCATIONS

- Arafat plains
- Mina tent surroundings
- Jamarat (especially during peak crowd)
- Haram outer courtyards
- Transport waiting zones (buses without ventilation)

EARLY WARNING SIGNS

 Excessive sweating followed by dry skin
 Severe thirst & fatigue
 Headache / dizziness
 Muscle cramps
 Nausea / confusion

IMMEDIATE RESPONSE ACTIONS

 Move to shaded / air-conditioned area immediately
 Start active cooling (wet cloth, cold water on neck/head)
 Drink ORS or electrolyte fluids
 Inform Hajj medical mission / nearest health post
 Do NOT continue rituals in this condition

PREVENTIVE MEASURES (HAJJ-SPECIFIC)

 Use umbrella at all times during outdoor rituals
 Wear loose, light-colored ihram / breathable fabric
 Schedule rituals early morning or post-sunset where possible
 Carry water bottle + ORS sachets at all times
 Avoid walking barefoot on hot surfaces
 Buddy system: monitor elderly & vulnerable pilgrims
 Do not stay long in crowded, poorly ventilated areas

VULNERABLE GROUPS

- Elderly pilgrims
- Diabetics / cardiac patients
- Women & children
- First-time pilgrims unfamiliar with climate

EMERGENCY INDICATOR (HEAT STROKE)

 No sweating hot dry skin
 Loss of consciousness
 Body temperature > 40°C

**THIS IS A MEDICAL EMERGENCY
CALL FOR IMMEDIATE EVACUATION**
Seek help from nearest medical post or Hajj medical mission.

Stay alert. Stay hydrated. Stay safe. May Allah accept your Hajj