



F.2 (E)/2024-NDMA (MW/ Smog GLs)  
**Government of Pakistan**  
**Prime Minister's Office**  
**National Disaster Management Authority (HQ)**  
Main Murree Road Near ITP Office, Islamabad

Dated: **12 November 2024**Subject: **Winter Smog Guidelines for Pakistan**

1. With the onset of winter, Pakistan faces an increasing challenge of severe smog, particularly in urban and industrial regions. This seasonal phenomenon results from a combination of factors, including temperature inversions, industrial emissions, vehicular pollution, and agricultural burning. The smog not only disrupts daily life but also poses significant health risks, with respiratory issues, reduced visibility, and environmental impact on the rise. In response to these pressing concerns, comprehensive Winter Smog Guidelines aimed at mitigating the effects of winter smog across the country are shared for wide dissemination / compliance: -

a. **Public**

- (1) Avoid outdoor activities, especially strenuous exercise, during high-smog hours (early morning and late evening when smog levels usually highest).
- (2) Spend more time indoors, especially if you have respiratory conditions, asthma, or cardiovascular issues.
- (3) Wear high-quality masks, such as N95 or KN95 masks, when going outdoors as per local administration advisories. These masks can filter out fine particulate matter (PM2.5) that is common in smog.
- (4) Avoid using cloth masks, as they offer limited protection against small smog particles as per local administration advisories.
- (5) Keep windows and doors closed during high-smog days to prevent outdoor pollutants from entering.
- (6) Use air purifiers indoors, especially in rooms where you spend the most time, to reduce indoor air pollution.
- (7) Check daily air quality index (AQI) updates through NDMA Mobile App to stay informed of pollution levels, and limit outdoor exposure when the AQI is high, as this indicates poor air quality.
- (8) Drink plenty of water to stay hydrated, as it can help flush out toxins from the body.
- (9) Eat antioxidant-rich foods like fruits and vegetables to strengthen your immune system and protect against the harmful effects of air pollution

- (10) Refrain from smoking, as it adds to respiratory strain and worsens the effects of smog exposure.
  - (11) Avoid using wood stoves, incense, and candles that can contribute to indoor pollution.
  - (12) Minimize the use of private vehicles to reduce the overall pollution levels. Carpool or use public transportation whenever possible.
  - (13) Avoid unnecessary trips to reduce your exposure to outdoor air and help decrease traffic emissions.
  - (14) Individuals with respiratory conditions, children, and the elderly should have regular checkups to monitor their health during smog season.
  - (15) Consult a doctor if you experience symptoms like difficulty breathing, coughing, or eye irritation.
  - (16) Use exhaust fans and ventilators to help circulate indoor air, but avoid directly venting outdoor air during peak smog hours.
  - (17) Consider natural air-purifying indoor plants (e.g., snake plants or spider plants) to improve indoor air quality.
  - (18) Stay updated with local government warnings, advisories and precautionary guidelines to protect yourself and your family.
  - (19) Promote energy-efficient practices at home, such as using energy-saving appliances, minimizing heating fuel and avoiding unnecessary waste burning.
- b. **Media**
- (1) Broadcast health advisories on the dangers of smog, especially for vulnerable groups like children, elderly and those with respiratory issues.
  - (2) Share information on precautionary measures, such as staying indoors during peak smog hours, wearing masks as per local administration advisories and avoiding strenuous outdoor activities.
  - (3) Educate public on the causes of smog, including vehicle emissions, industrial pollution and agricultural stubble burning.
  - (4) Provide daily and real-time AQI updates on television, radio and online platforms, especially in Eastern and Central Punjab with severe smog conditions.
  - (5) Collaborate with NEOC, PMD, PEOCs, Environmental Protection Agencies and other concerned departments to give accurate and timely weather forecasts related to smog and pollution levels.

- (6) Encourage community-level actions, such as carpooling, minimizing vehicle use and proper waste disposal to reduce individual contributions to pollution.
- (7) Conduct investigative reporting on key pollution sources, such as unregulated industrial plants, unmonitored construction sites and instances of illegal waste burning.
- (8) Report non-compliance entities to local administration and raise public awareness, for corrective action.
- (9) Utilize social media to quickly share urgent smog alerts, AQI levels and precautionary information, reaching a broad and diverse audience.

c. **District / Provincial Governments and PDMAs**

- (1) Enforce laws to curb pollution sources, including regulations on vehicular emissions, industrial pollutants and waste burning.
- (2) Actively monitor and penalize instances of crop residue burning, a significant contributor to winter smog particularly in agricultural areas like Southern Punjab.
- (3) District Authorities / DDMA's to regularly report local AQI levels to provincial authorities and collaborate in developing region-specific policies.
- (4) To disseminate smog precautions locally, conduct awareness workshops in community centers, schools and use public announcements via radio and Mosques. Additionally, leverage social media for real-time updates and engagement.
- (5) Promote carpooling in govt departments, schools / colleges, to reduce vehicle use.
- (6) Enforce restrictions during high-smog periods, such as limiting industrial operations, imposing traffic restrictions and temporarily closing schools to protect children's health.
- (7) Work with the local police and environment officers to identify and curb illegal activities that contribute to air pollution.
- (8) Distribute masks and air-purifying equipment to vulnerable communities and provide guidance on reducing exposure.
- (9) Coordinate with local health departments to ensure adequate medical facilities for respiratory issues, especially in smog-prone areas.

- (10) Develop and regularly update smog-specific disaster management plans, including preemptive measures and emergency response actions during severe smog episodes.
- (11) Engage community leaders and local NGOs to promote smog-related safety measures, ensuring the message reaches remote and rural areas.

d. **National Highway and Motorway Police**

- (1) Regularly issue safety advisories and warnings through electronic signs / billboards, SMS alerts, and social media about areas with high smog density and low visibility.
  - (2) Educate drivers about using fog lights, reducing speed, and other precautionary measures when driving in smog.
  - (3) Enforce strict speed limits on highways and motorways during smog to ensure the safety of all road users.
  - (4) Collaborate with NEOC, PMD and PEOCs to receive updated information on smog forecasts and visibility conditions.
  - (5) Conduct public awareness campaigns on the health risks of smog and preventive measures, targeting motorists, commercial drivers and pedestrians.
2. Smog Projection for Pakistan for the month of November 2024 is attached at **Annex A**.
  3. **Press Information Department Only**. With the request for wider circulation and public awareness.



**(Bassar Mumtaz)**  
**Deputy Director (Response)**  
Tel: 051-9030924  
Fax: 051-9030729

(Distribution list attached)

**DISTRIBUTION LIST**

- To: Federal Ministries & Departments (Interior, Information & Broadcasting, Climate Change and Communications)  
Chairman, National Highway Authority (NHA), Islamabad  
Inspector General, National Highways & Motorway Police, Islamabad  
Chief Secretaries, Provincial Governments, GB & AJ&K  
Secretary (Home), Provincial Governments, GB and AJ&K  
Director General, All PDMAs, GBDMA & SDMA  
Director General, Rescue 1122, All Provincial, GBDMA & SDMA  
Managing Director, Pakistan Tourism Development Corporation (PTDC), Islamabad  
Principal Information Officer, Press Information Department, Islamabad  
Headquarters, Frontier Works Organization (FWO), Rawalpindi  
National Transmission & Dispatch Company (NTDC) Islamabad
- Cc: Secretary to Prime Minister, Prime Minister's Office, Islamabad  
Director General, Pakistan Meteorological Department (PMD), Islamabad  
Joint Crises Management Cell, Joint Staff Headquarters, Chaklala  
Military Operations Directorate (MO-4), General Headquarters, Rawalpindi  
Army Flood Control Centre, Engineers Directorate, General Headquarters, Rawalpindi  
ACNS (Operations), Naval Headquarters, Islamabad  
ACAS (Operations), Air Headquarters, Islamabad
- ID: DG NEOC  
Executive Director (Plans)  
Director (C&P)  
Director (Admin)  
Director (R&R)  
Director (Logistic)  
Advisor IC  
ED R&MCC  
ED PCC  
ED NIDM  
ED Tech  
PRO  
APS to COS, APS to Member (Ops)

