



F.2(E)/2025-NDMA (MW/Heatwave Advisory)
Government of Pakistan
Prime Minister's Office
National Disaster Management Authority (HQ)
 Main Murree Road Near ITP Office, Islamabad



Dated: **25 April 2025**

Subject: **Heatwave Conditions Predicted in the Country from 26th to 30th April 2025**

A **high pressure** is likely to approach **Upper atmosphere** from **26th April 2025** and likely to grip most parts of the country on **27th April 2025**. Under the influence of this meteorological conditions: -

- a. **Day temperatures** are likely to remain **05 to 07°C above normal** in **Southern half** (**Sindh, Southern Punjab and Balochistan**) from **26th April** to **1st May 2025**.
 - b. **Day temperatures** are likely to remain **04 to 06°C above normal** in Upper half (**Central & Upper Punjab, Islamabad, Khyber-Pakhtunkhwa, Kashmir, Gilgit-Baltistan**) from **27th** to **30th April 2025**.
2. A weather system is expected to enter upper parts of the country from **30th April 2025**. **Rain wind/ thunderstorm (isolated heavy falls/ hailstorm)** is expected in **Kashmir, Islamabad, Pothohar region** including **Northeast Punjab, Upper Khyber-Pakhtunkhwa** and **Gilgit-Baltistan** from 30th April / 1st May 2025. This system will subside the **heatwave conditions** in the country from **1st May 2025 onwards**.

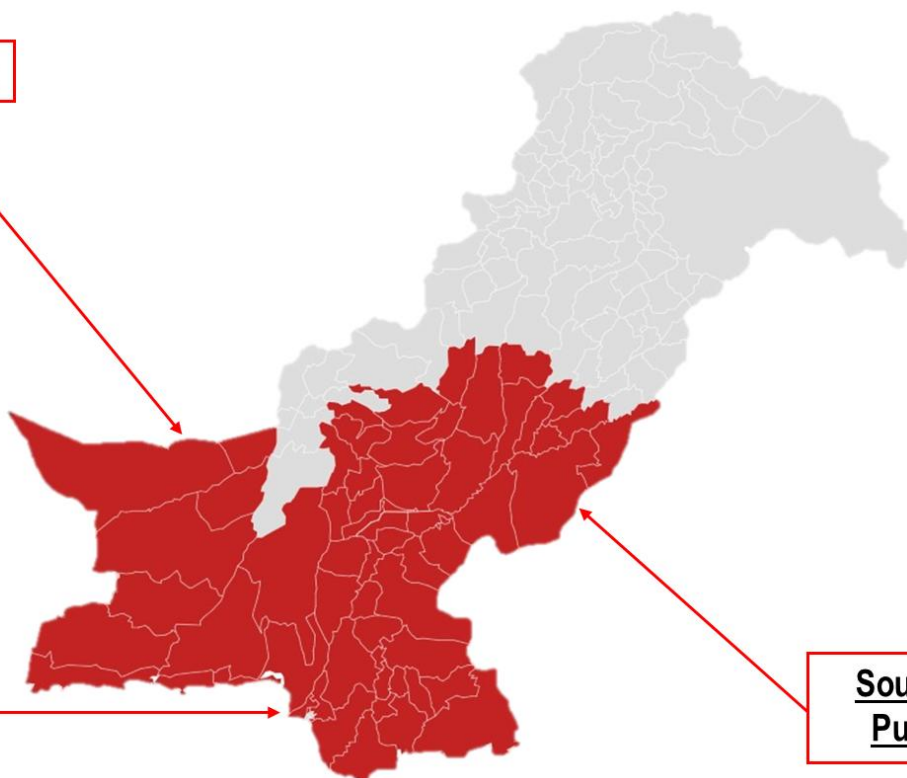


DAY TEMPERATURES ARE LIKELY TO REMAIN 05 TO 07°C ABOVE NORMAL IN SOUTHERN HALF FROM 26 APRIL TO 1 MAY 2025.

Balochistan

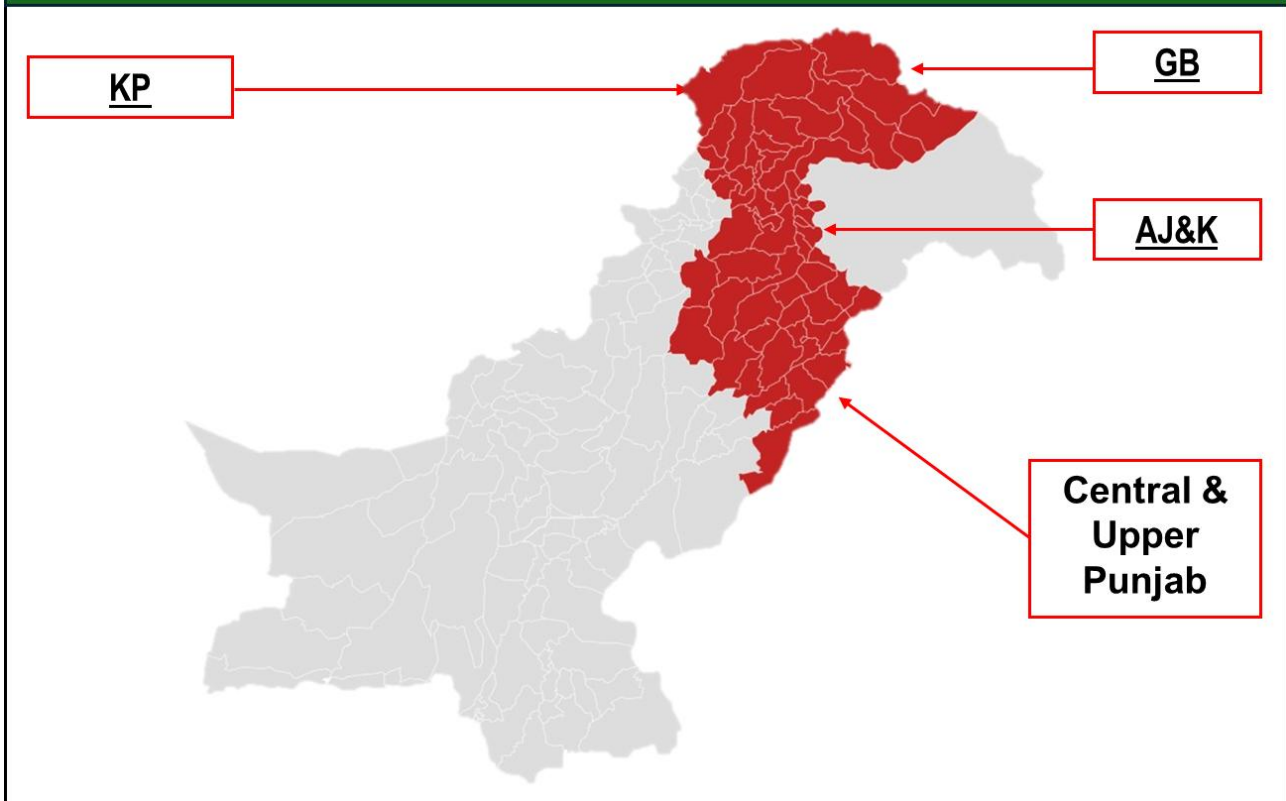
Sindh

Southern Punjab





DAY TEMPERATURES ARE LIKELY TO REMAIN 04 TO 06°C ABOVE NORMAL IN UPPER HALF FROM 27TH TO 30TH APRIL 2025



3. All **PDMAs, 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) The **Ministry of National Health Services, Regulations & Coordination (MoNHSR&C)** should issue directives to **enhance hospital and departmental capacities** for managing heat-related emergencies.

- (5) **PDMA**s, 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) **PDMA**s/ **DDMA**s/ 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** must 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.

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 (**11:00 AM to 4:00 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 (wheat harvesting)** 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) Encourage local cable operators and 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 mosques, 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**.

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

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

7. Forwarded for information/ necessary action, please.


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Pakistan Meteorological Department
National Weather Forecasting Centre
Sector: H-8/2, Islamabad.

NWFC-5(10A)/2017/110

Date: 25th April, 2025
Time: 11:30 PST

Heatwave Alert:

Heatwave conditions predicted in the country from 26th to 30th April

Met office predicted that a high pressure is likely to approach upper atmosphere from 26th April, and likely to grip most parts of the country on 27th April.

Under the influence of this meteorological conditions:

- Day temperatures are likely to remain **05 to 07°C above normal in southern half** (Sindh, southern Punjab and Balochistan) **from 26th April to 01st May.**
- Day temperatures are likely to remain **04 to 06°C above normal** in upper half (central & upper Punjab, Islamabad, Khyber-Pakhtunkhwa, Kashmir, Gilgit-Baltistan) **from 27th to 30th April.**

A weather system is expected to enter upper parts of the country from 30th April. Rain-wind/thunderstorm (isolated heavyfalls/hailstorm) is expected in Kashmir, Islamabad, Pothohar region including northeast Punjab, upper Khyber-Pakhtunkhwa and Gilgit-Baltistan from 30th April/01st May. This system will subside the heatwave conditions in the country from 01st May onwards.

Possible Impacts and advice:

- **Due to heatwave conditions in the country, general public especially children, women and senior citizens are advised to take precautionary measures.**
- **Avoid exposure to direct sun light during the day time and remain hydrated.**
- **Farmers are advised to manage their crop activities (wheat harvesting) keeping in view the weather conditions and take care of their livestock as well.**
- **Rising temperatures in northern areas may enhance snowmelt rate, especially from 27th April to 01st May.**
- **Judicious use of water is requested in all fields of life.**
- **Wind-dust storm/hailstorm and lightning may damage loose structures like electric poles, trees, vehicles and solar panels in Islamabad, Pothohar region including northeast Punjab and parts of Khyber-Pakhtunkhwa on 30th April/01st May.**

Note: All concerned authorities are advised to remain “ALERT” and take necessary measures to avoid any untoward situation due to heatwave conditions.

For latest weather updates please visit: <https://www.pmd.gov.pk/en/>

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ہیٹ ویو الارٹ

26 سے 30 اپریل کے دوران ملک میں گرمی کی لہر کی پیش گوئی

محلہ موسمیات کے مطابق ہوا کا زیادہ دباؤ 26 اپریل سے بالائی علاقوں میں داخل ہو گا اور 27 اپریل کو ملک کے بیشتر علاقوں پر اثر انداز ہو گا۔

- 26 اپریل سے 01 مئی کے دوران ملک کے جنوبی علاقوں (سندھ، جنوبی پنجاب اور بلوچستان) میں دن کا درجہ حرارت معمول سے 05 سے 07 ڈگری سینٹی گریڈ زیادہ رہنے کا امکان۔
- 27 سے 30 اپریل کے دوران ملک کے بالائی علاقوں (وسطی/ بالائی پنجاب، اسلام آباد، خیبر پختونخوا، کشمیر، گلگت بلتستان) میں دن کا درجہ حرارت معمول سے 04 سے 06 ڈگری سینٹی گریڈ زیادہ رہنے کا امکان۔

30 اپریل سے بارش کا سبب بننے والی ہوائیں ملک کے بالائی علاقوں میں داخل ہونے کی پیش گوئی۔ کشمیر، اسلام آباد، خطہ پوٹھوہار سمیت شمال مشرقی پنجاب، بالائی خیبر پختونخوا اور گلگت بلتستان میں 30 اپریل/ 01 مئی سے آندھی/ جھکڑ چلنے اور گرج چمک کے ساتھ بارش کا امکان ہے۔ اس دوران چند مقامات پر موسلا دھار بارش/ ژالہ باری کی توقع۔ 01 مئی سے ملک میں ہیٹ ویو (گرمی کی لہر) کی شدت میں کمی متوقع۔

ممکنہ اثرات اور احتیاطی تدابیر:

- گرمی کی لہر کی وجہ سے عوام الناس بالخصوص بچوں، خواتین اور بزرگ شہریوں کو احتیاطی تدابیر اختیار کرنے کا مشورہ۔
- دن کے دوران دھوپ میں کم سے کم نکلا جائے۔ اور پانی کا زیادہ استعمال کریں۔
- کاشت کار حضرات گندم کی فصل کے معاملات موسمی حالات کے مطابق ترتیب دیں۔ اور اپنے جانوروں کو گرم موسم سے محفوظ رکھیں۔
- شمالی علاقوں میں درجہ حرارت میں اضافہ (خصوصاً 27 اپریل سے 01 مئی کے دوران) برف پگھلنے کی شرح کو بڑھا سکتا ہے۔
- زندگی کے تمام شعبوں میں پانی کے درست استعمال کی ہدایت۔
- 30 اپریل/ 01 مئی سے اسلام آباد، خطہ پوٹھوہار سمیت شمال مشرقی پنجاب اور خیبر پختونخوا کے علاقوں میں آندھی/ جھکڑ/ ژالہ باری/ گرج چمک کے باعث کمزور سڑک پر مٹا بجلی کے کھمبے، درخت، گاڑیاں اور سولر پینل متاثر ہونے کا خدشہ۔

نوٹ: تمام متعلقہ اداروں کو ”الارٹ“ رہنے اور گرمی کی لہر کی وجہ سے کسی ناخوشگوار واقعہ سے بچنے کے لیے تمام ضروری اقدامات کرنے کی ہدایت کی جاتی ہے۔

تازہ ترین معلومات کے لئے: <https://www.pmd.gov.pk/en/>

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