

MOST IMMEDIATE / BY FAX

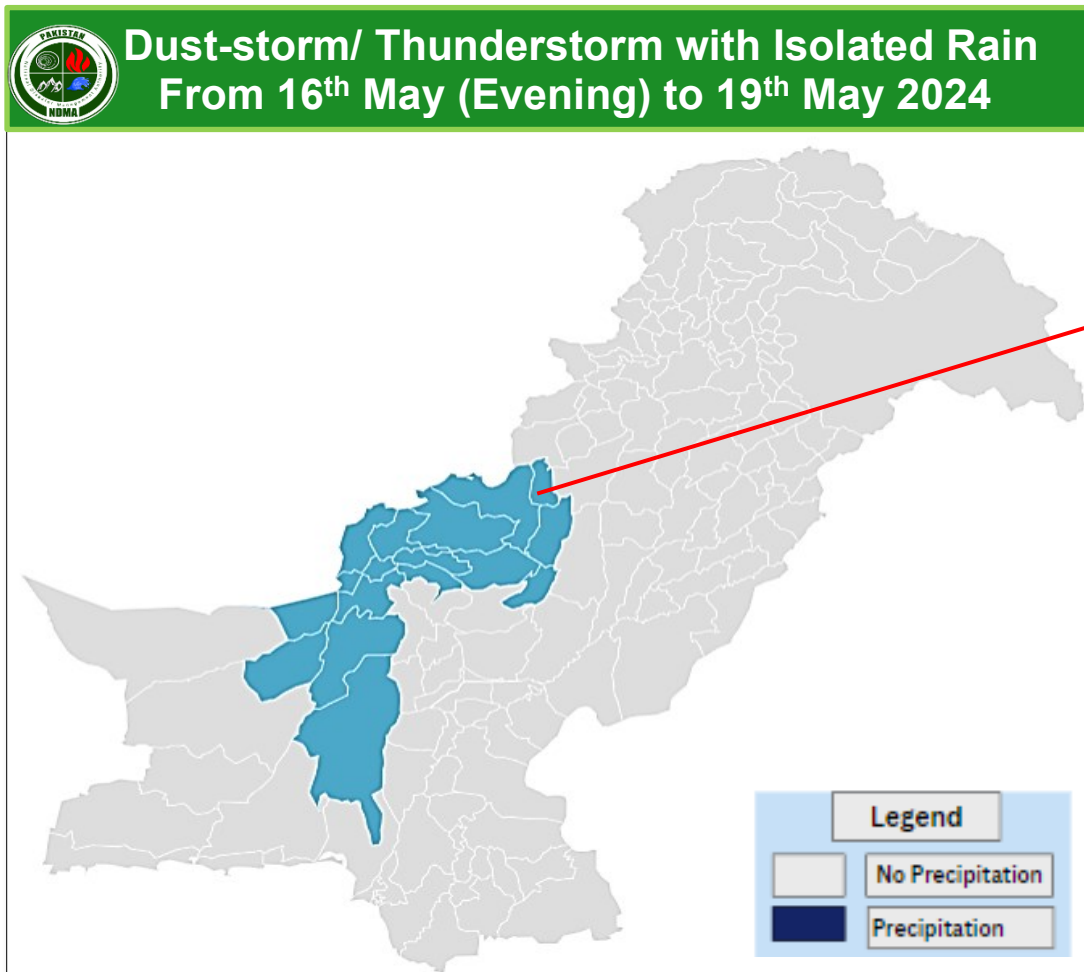
F.2 (E)/2024-NDMA (MW/Weather-HeatwaveAdvisory)
Government of Pakistan
Prime Minister's Office
National Disaster Management Authority (HQ)
 Main Murree Road Near ITP Office, Islamabad

Dated: **16 May 2024**

Subject: **HEATWAVE CONDITIONS DURING UPCOMING WEEK & DUST-STORMS / THUNDERSTORMS - RAIN EXPECTED IN UPPER PARTS FROM 16-19 MAY**

Reference: *For further guidance consult NDMA Summer Hazards Contingency Plan 2024.*

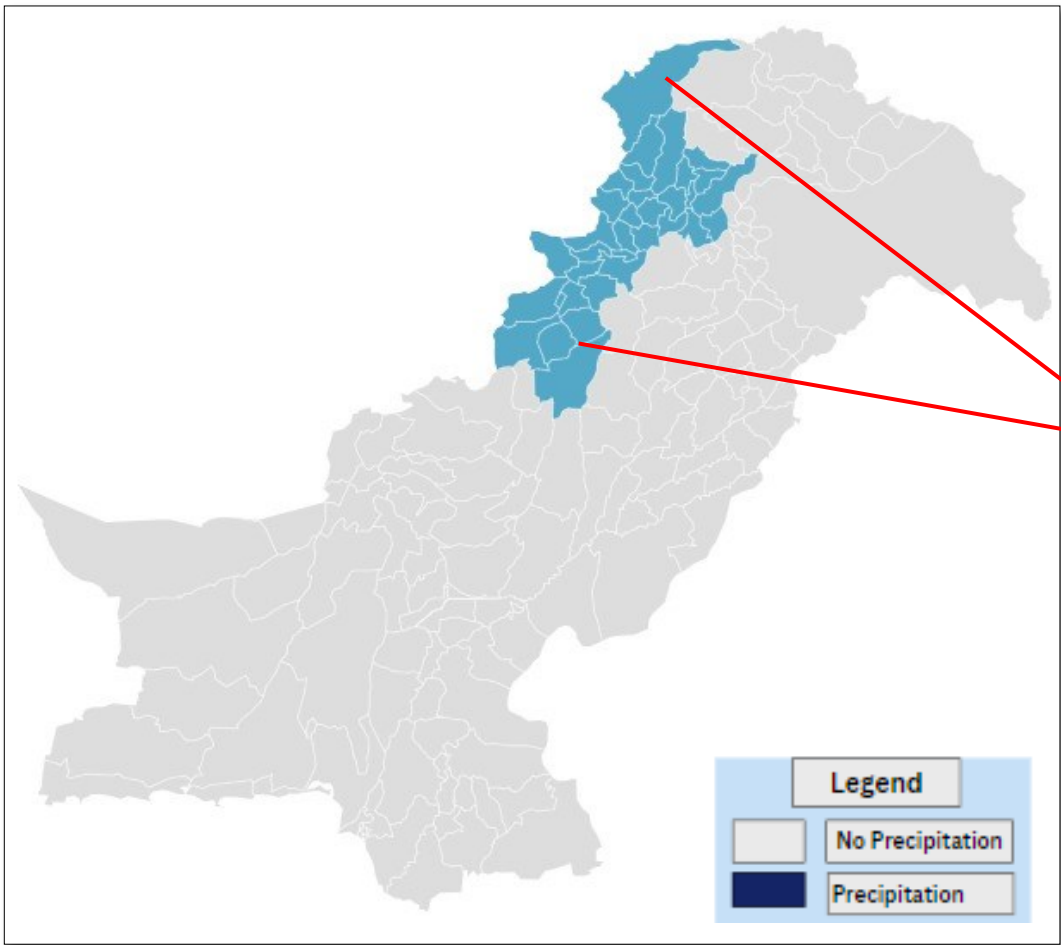
It is forecasted (PMD Press Release at **Annex-A**) that **Heatwave Conditions** are likely to develop over Most Parts of the Country, **especially Punjab and Sindh from 21 May** and likely to advance into **Severe Heatwave Conditions** from 23 to 27 May. **Daytime Temperatures** are likely to remain **4-6°C Above Normal in Punjab & Sindh** (approx. 35-40°C) from **21-23 May** whereas it will remain **6-8°C Above Normal** from 23 to 27 May (approx. 45°C or above). **Daytime Temperatures** in Islamabad, Balochistan, Khyber Pakhtunkhwa, Gilgit-Baltistan and **State of AJ&K** are expected to remain **4-6°C Above Normal** from **21-27 May** (approx. 35-40°C). Furthermore, a shallow westerly wave is likely to affect **Upper Parts of the Country** from **16-19 May**, due to which **dust storms / thunderstorms – rains** are expected. Under the influence of forecasted conditions, the following is expected: -



Balochistan

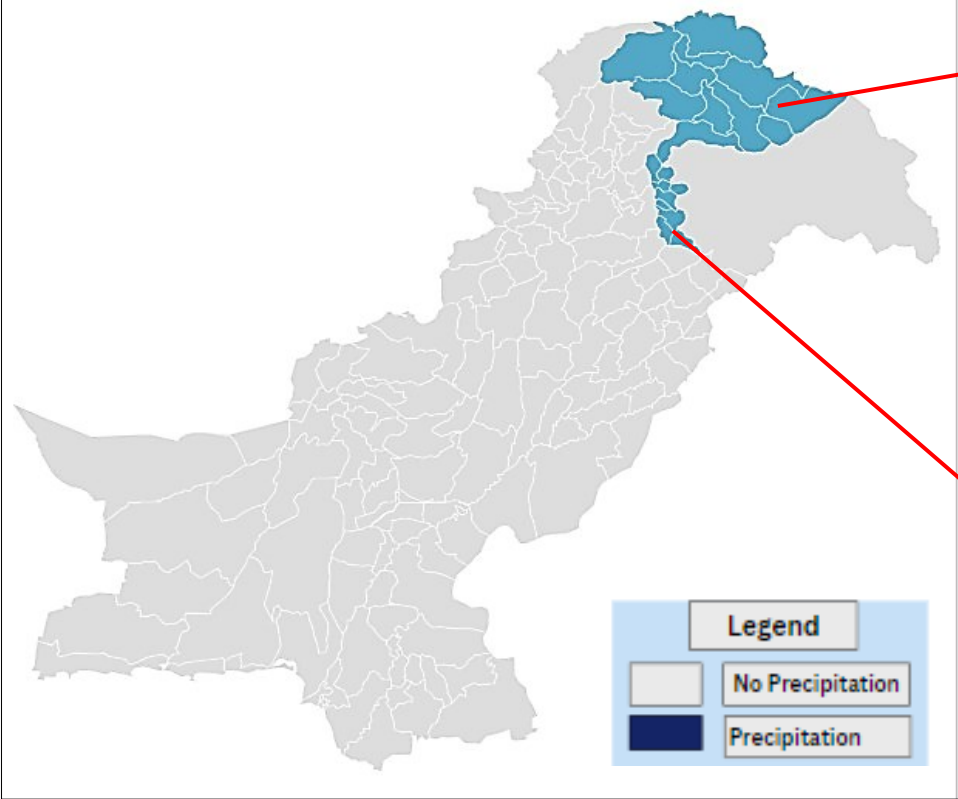
- Quetta
- Zhob
- Ziarat
- Sherani
- Kalat
- Barkhan
- Khuzdar
- Mastung
- Nushki
- Kharan
- Killa Abdullah
- Pishin
- Killa Saifullah
- Musakhel
- Loralai
- Harnai

 **Dust-storm/ Thunderstorm with Isolated Rain
From 16th May (Evening) to 19th May 2024**



- Khyber Pakhtunkhwa**
- Chitral
 - Dir
 - Swat
 - Abbottabad
 - Mansehra
 - Haripur
 - Kohistan
 - Shangla
 - Buner
 - Malakand
 - Waziristan
 - Kohat
 - Lakki Marwat
 - Bannu
 - DI Khan
 - Bajaur
 - Mohmand
 - Karak
 - Khyber
 - Peshawar
 - Charsadda
 - Nowshera
 - Swabi
 - Mardan
 - Kurram

 **Dust-storm/ Thunderstorm with Isolated Rain
From 16th May (Evening) to 19th May 2024**

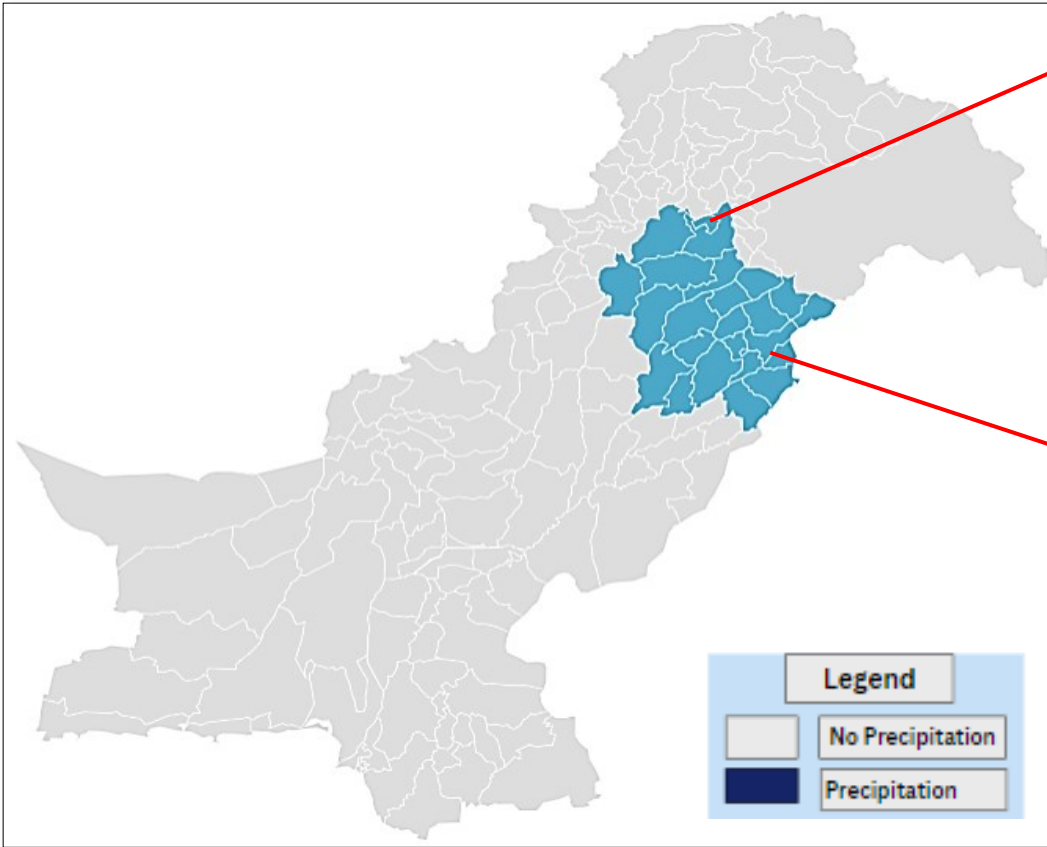


- GB**
- Diamer
 - Astore
 - Ghizer
 - Skardu
 - Hunza
 - Gilgit
 - Ghanche
 - Shigar

- AJ&K**
- Neelum
 - MZD
 - Rawalakot
 - Poonch
 - Hattian
 - Bagh
 - Haveli
 - Sudhnoti
 - Kotli
 - Bhimber
 - Mirpur



Dust-storm/ Thunderstorm with Isolated Rain From 16th May (Evening) to 18th May 2024



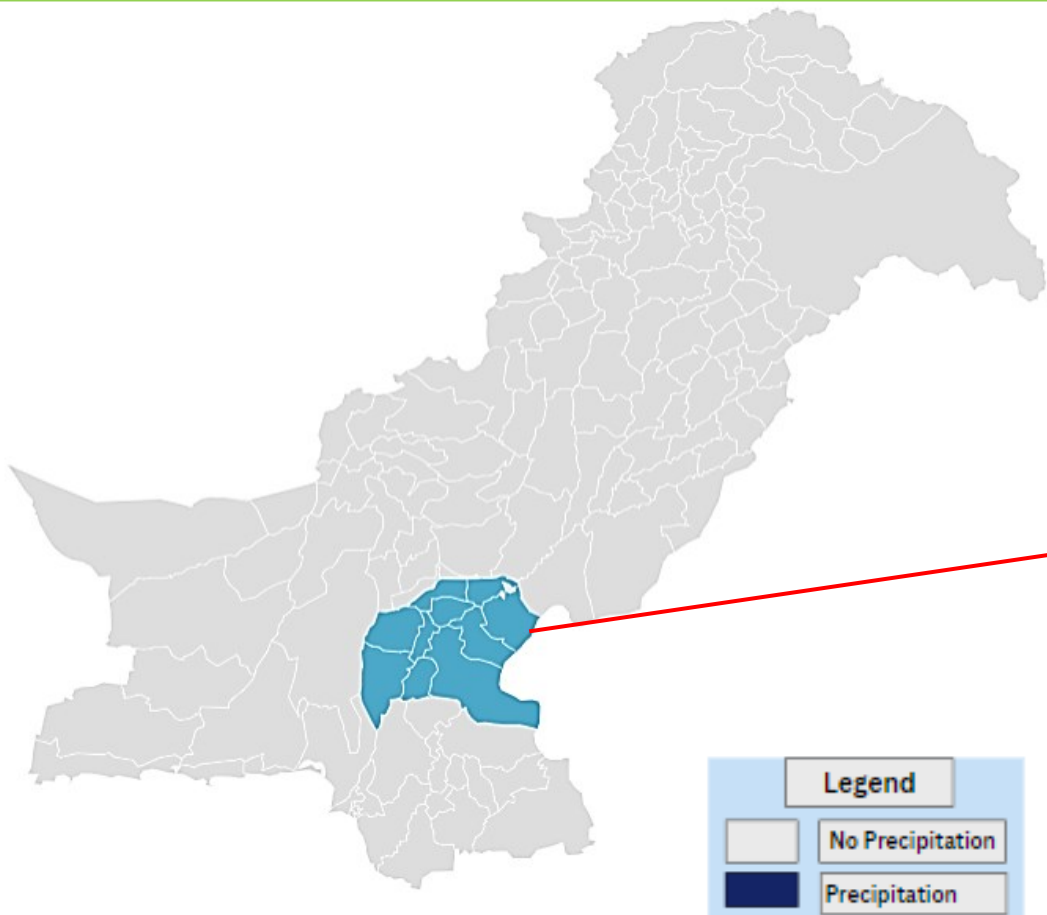
Islamabad

Punjab

- Murree
- Rawalpindi
- Attock
- Chakwal
- Jhelum
- Mandi Bahauddin
- Gujrat
- Gujranwala
- Hafizabad
- Sialkot,
- Narowal
- Lahore
- Kasur
- Okara
- Faisalabad
- Toba Tek Singh
- Jhang
- Khushab
- Sargodha
- Mianwali



Dust-storm/ Thunderstorm with Isolated Rain From 17th May to 18th May 2024

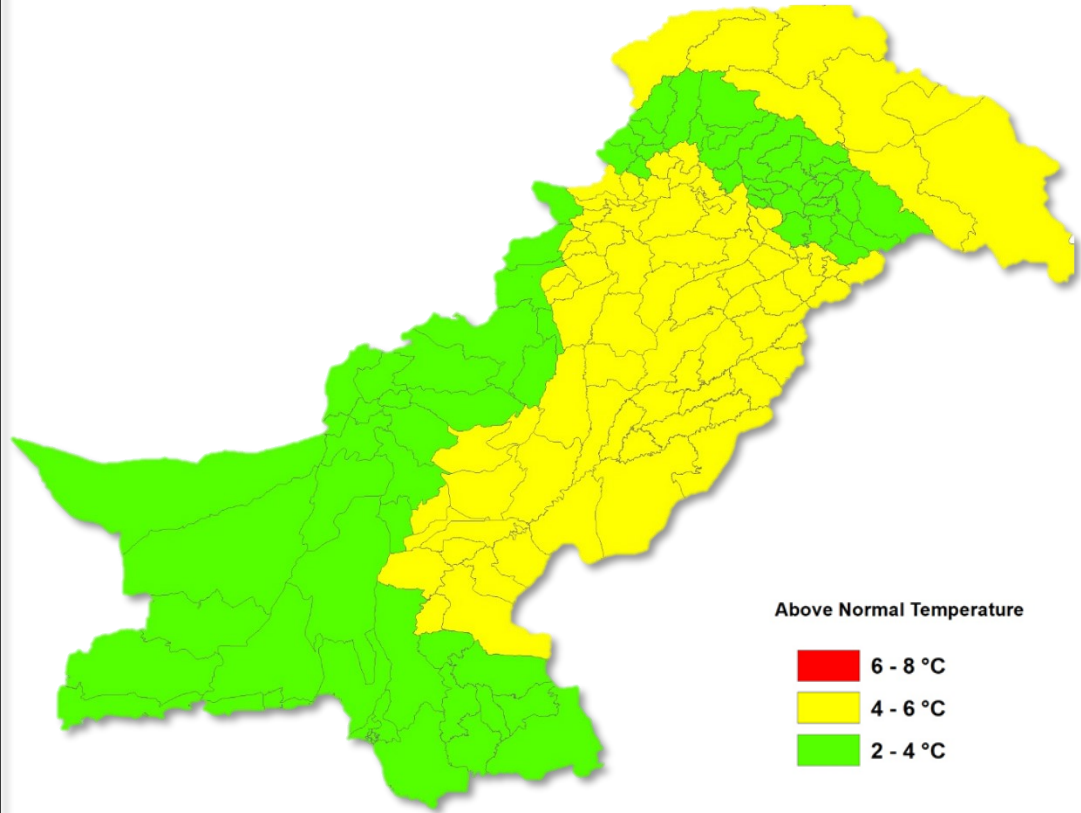


Sindh

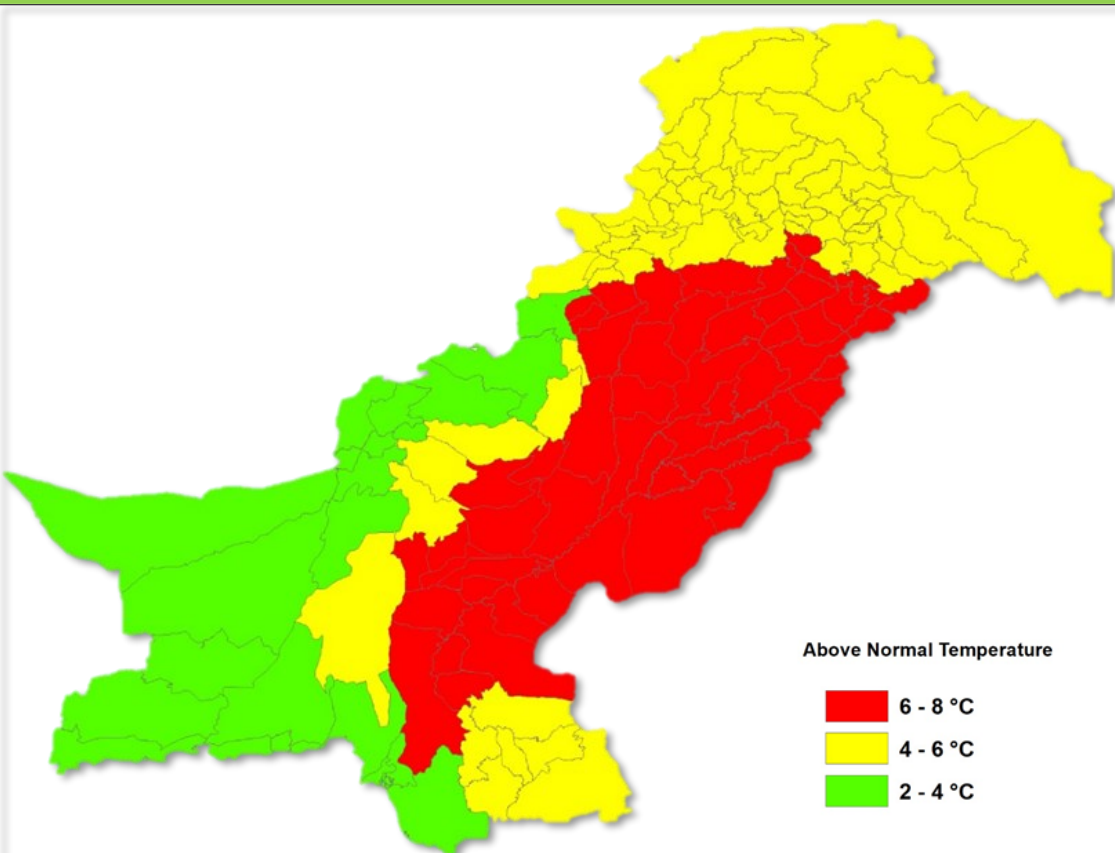
- Sukkur
- Jacobabad
- Kashmore
- Larkana
- Shikarpur
- Khairpur
- Dadu
- Q. Shahdadkot
- Naushero Feroze
- Ghotki



Heatwave from 21st to 22nd May 2024



Heatwave from 23rd to 27th May 2024



2. Under the influence of this system, following are likely impacts: -
 - a. **Temperatures** are likely to **increase**, with a **maximum increase** during daytime.
 - b. **Heatwave conditions** are likely to prevail.
 - c. **Extremely dry / hot** conditions **may trigger forest / bush fires** in vulnerable areas of the country.
 - d. Farmers are advised to remain **extra cautious** and plan agricultural activity accordingly, ensuring **adequate water supply**.
 - e. **Dust Storms / Thunderstorms** may damage crops, loose structures, etc.
 - f. **Thunderstorms** may increase the risk of **lightning strikes**.
3. All PDMA's / GBDMA / SDMA and ICT Administration, NHA, NH&MP, FWO, Rescue 1122, Dam Authorities, Line Departments, Ministries and Federal Agencies are required to undertake measures as per respective mandates. However, the following is to be ensured by all concerned, in addition to measures deemed appropriate as per on ground situation / requirements: -
 - a. Ensure **round-the-clock monitoring** of the situation through EOCs with **regular feedback** to PEOCs and NEOC.
 - b. Ensure that **emergency services, personnel and equipment** (such as Rescue 1122, Fire Brigade, Ambulance and Civil Defense, among others) are **available**.
 - c. Establish **heatwave cooling points / centres** and **heatstroke treatment centres** in **urban / rural areas** to **mitigate adverse effects** of the **heatwave** during forecasted period.
 - d. **Advise farmers** to take **necessary mitigative** and **precautionary measures** to safeguard their crops through timely harvesting, safe storage or any other precaution from adverse effects of dust-storms / thunderstorms and likely increase in temperatures along with ensuring adequate water supply.
 - e. Ensure **timely restoration** of **electricity supply** to residential areas as **priority**.
 - f. Increase **awareness** amongst **responders** and **general public** about **signs** of **heat related illnesses** such as **heat exhaustion / exposure** (excessive sweating, weakness, dizziness, nausea, headache, etc) and **heatstroke** (high body temperature, dizziness, confusion, loss of consciousness, etc).
 - g. **Federal Health Ministry** and respective **Provincial Health Departments** to ensure **adequate supply medicines** and **supplies** for **treatment** of **heat related illnesses**.
 - h. Proactive **monitoring** of **forested areas** for **signs** of anticipated **forest fires** and **timely response** measures.
 - i. Ensure **availability** of all **forest officers / negehbans / watchers** and ensure **frequent field visits**.
 - j. Responders to **ensure** that **necessary firefighting equipment / vehicles** are **available** and **well-maintained**, including resistant clothing, personal protective equipment, fire-fighting tools and communication devices.

- k. Pre-position **firefighting resources** such as fire engines, water tenders, and hand crews in **strategic locations near at-risk / vulnerable forest fire areas** to ensure **timely response**.
 - l. Keep a **close watch** on the **news sources** and **early warning systems** to **ensure immediate effort** to **contain fires**.
 - m. **Preplace necessary emergency equipment** at vulnerable / strategic locations to expedite response efforts and **complete stocking** / replenishment of stocks.
 - n. **Judicious** use of **water is recommended** in all aspects of life during forecasted period.
 - o. Ensure widespread **circulation of alerts and advisories**, especially in local languages, to **raise awareness** and **sensitize travelers** / local communities.
 - p. **Coordinate with relevant departments** to secure loose structures such as electrical poles, solar panels, hoardings and under-construction buildings to **mitigate potential damages** from dust-storms / thunderstorms.
 - q. Conduct **mass public awareness campaigns** to educate residents and travelers in vulnerable areas about the risks of flash flooding / landslides / avalanche / blizzard and take precautionary measures.
 - r. **Advise general public** to **seek shelter** in safe areas, such as sturdy buildings or underground structures during dust-storms / thunderstorms and avoid objects that pose a risk of falling and avoid being struck by lightning.
 - s. **Strengthen coordination** among all **relevant departments** and agencies to facilitate timely **sharing of information** and resources during emergency situations.
 - t. **Establish reliable communication channels** with local communities to provide timely updates, instructions and emergency contact information.
 - u. **Share** daily / routine **updates** with NDMA in case of any eventuality.
3. **Heatwave & Forest Fire Guidance**. Please find enclosed graphical guidance for heatwaves and forest fires, respectively at **Annex-B** and **Annex-C** for wider public dissemination.
4. **Press Information Department Only**. With the request to ensure wider circulation and public awareness.
5. Forwarded for information / necessary action, please.


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Director (Response)
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Director General, Rescue 1122 Gilgit Baltistan, Gilgit
Director General, Rescue 1122 AJ&K, Muzaffarabad
Chief Commissioner, Islamabad Capital Territory
Deputy Commissioner, Islamabad Capital Territory
Principal Information Officer, Press Information Department, Islamabad
Headquarters, Frontier Works Organization (FWO), Rawalpindi
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Headquarters, National Electric Power Regulatory Authority, Islamabad
Headquarters, National Transmission & Dispatch Company (NTDC), Islamabad
Headquarters, Pakistan Railways, Lahore
- Cc: Secretary to Prime Minister, Prime Minister's Office, Islamabad
Secretary, Cabinet Division, Islamabad
Joint Crises Management Cell, Joint Staff Headquarters, Chaklala Cantt
Military Operations Directorate (MO-4), General Headquarters, Rawalpindi Cantt
ACNS (Operations), Naval Headquarters, Islamabad
ACAS (Operations), Air Headquarters, Islamabad
Headquarters, Pakistan Maritime Security Agency (PMSA), Karachi
Headquarters, Pakistan Coast Guards (PCG), Karachi

PMD PRESS RELEASE

Tel:051-9250364
Fax:051-9250368

Government of Pakistan
Ministry of Aviation (Aviation Division)
Pakistan Meteorological Department
Sector: H-8/2, Islamabad.

NWFC-5(10A)/2017/75

Date: 16th May, 2024
Time: 14:00 PST

Press Release:

Heatwave conditions predicted in the country during upcoming week
Duststorm/thunderstorm-rain is expected in upper parts from 16th (evening) to 19th May

Met office informed that due to the presence of high pressure in the upper atmosphere, heatwave conditions are likely to develop over most parts of the country, especially over Punjab and Sindh from 21st May and likely to convert to severe heatwave conditions from 23rd to 27th May.

Day temperatures are likely to remain 04 to 06°C above normal in Sindh and Punjab from 21st to 23rd and from 06 to 08°C from 23rd to 27th May. Day temperatures are likely to remain 04 to 06°C above normal in Islamabad, Khyber-Pakhtunkhwa, Kashmir, Gilgit-Baltistan and Balochistan from 21st to 27th May.

Met office further informed that a shallow westerly wave is likely to affect upper parts of the country on 16th May (evening/night). Under the influence of this weather system:

Balochistan: Duststorm/thunderstorm with isolated rain is expected Quetta, Zhob, Ziarat, Sherani, Barkhan, Kalat, Khuzdar, Qila Abdullah, Qilla Saifullah, Kharan and Mastung from **16th (evening) to 19th May.**

Khyber Pakhtunkhwa: Duststorm/thunderstorm with isolated rain is expected in Chitral, Dir, Swat, Abbottabad, Mansehra, Haripur, Kohistan, Shangla, Buner, Malakand, Waziristan, Kohat, Lakki Marwat, Bannu, Dera Ismail Khan, Bajaur, Mohmand, Karak, Khyber, Peshawar, Charsadda, Nowshera, Swabi, Mardan and Kurram from **16th (evening) to 19th May.**

Gilgit-Baltistan/Kashmir: Rain-wind/thunderstorm is expected in Gilgit-Baltistan (Diamir, Astore, Ghizer, Skardu, Hunza, Gilgit, Ghanche, Shigar), Kashmir (Neelum valley, Muzaffarabad, Rawalakot, Poonch, Hattian, Bagh, Haveli, Sudhanoti, Kotli, Bhimber, Mirpur) from **16th (evening) to 19th May.**

Punjab/Islamabad: Duststorm/thunderstorm with isolated rain is expected in Islamabad/Rawalpindi, Murree, Galliyat, Attock, Chakwal, Jhelum, Mandi Bahauddin, Gujrat, Gujranwala, Hafizabad, Sialkot, Narowal, Lahore, Kasur, Okara, Faisalabad, Toba Tek Singh, Jhang, Khushab, Sargodha and Mianwali from **16th (evening) to 18th May.**

Sindh: Duststorm/thunderstorm with isolated rain is expected in Sukkur, Jacobabad, Kashmore, Larkana, Dadu on **17th and 18th May.**

Possible Impacts and advises:

- **The farmers are advised to manage the crops accordingly.**
- **General public is advised to avoid unnecessary exposure to direct sunlight.**
- **Judicious use of water is requested from all aspects of life.**
- **Extreme dry/heatwave conditions may trigger bush fires/forest fires in the vulnerable areas of Punjab, Khyber-Pakhtunkhwa and Northeast Balochistan.**

Note: All concerned authorities are advised to remain "ALERT" and take necessary measures to avoid any untoward situation during the heatwave spell.

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

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Spokesperson

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Government of Pakistan
Ministry of Aviation (Aviation Division)
Pakistan Meteorological Department
Sector: H-8/2, Islamabad.

NWFC-5(10A)/2017/75

Date: 16th May, 2024
Time: 14:00 PST

پمڈ پریس ریلیز

آئندہ ہفتے کے دوران ملک میں گرمی کی لہر کی پیش گوئی

16 (شام) سے 19 مئی کے دوران ملک کے بالائی علاقوں میں گرد آلود ہوائیں اچھڑنے اور گرج چمک کے ساتھ بارش کی توقع

حکمر موسمیات کے مطابق فضا میں ہائی پریشر کی موجودگی کی وجہ سے ملک کے بیشتر علاقوں بالخصوص پنجاب اور سندھ میں 21 مئی سے گرمی کی لہر کی صورت حال بننے کا امکان ہے جو کے ہفتے کے آخر تک موجود رہے گی۔ 23 سے 27 مئی کے دوران پنجاب اور سندھ میں شدید گرمی کی لہر کا امکان۔

سندھ اور پنجاب میں 21 سے 23 مئی کے دوران دن کا درجہ حرارت معمول سے 04 سے 06 ڈگری سینٹی گریڈ زیادہ اور 23 سے 27 مئی کے دوران 06 سے 08 ڈگری سینٹی گریڈ زیادہ رہنے کا امکان ہے۔ اسلام آباد، خیبر پختونخوا، کشمیر، گلگت بلتستان اور بلوچستان میں 21 سے 27 مئی کے دوران دن کا درجہ حرارت معمول سے 04 سے 06 ڈگری سینٹی گریڈ زیادہ رہنے کا امکان۔
حکمر موسمیات کے مطابق ایک مغربی لہر 16 مئی (شام ارات) کو ملک کے بالائی علاقوں میں داخل ہونے کا امکان ہے۔ جس کے باعث:

بلوچستان: 16 (شام) سے 19 مئی کے دوران: کوئٹہ، ژوب، زریارت، شیرانی، پارکمان، قلات، خضدار، قلعہ عبداللہ، قلعہ سیف اللہ، خاران اور مستونگ میں گرد آلود ہوائیں اچھڑنے اور گرج چمک کے ساتھ بارش کا امکان۔

خیبر پختونخوا: 16 (شام) سے 19 مئی کے دوران: پشاور، موات، ایبٹ آباد، مانسہرہ، ہری پور، کوہستان، شانگلہ، یونیر، مالاکنڈ، وزیرستان، کوہاٹ، مکی مروت، خوں، ڈیرہ اسماعیل خان، پاجوڑ، مہمند، کرک، خیبر، پشاور، چارسدہ، نوشہرہ، صوابی، مردان اور کرم میں گرد آلود ہوائیں اچھڑنے اور گرج چمک کے ساتھ بارش کا امکان۔

گلگت بلتستان/کشمیر: 16 (شام) سے 19 مئی کے دوران: گلگت بلتستان (دیپلمیر، استور، نذر، اسکردو، ہنزہ، گلگت، گانچے، شکر، کشمیر (داوی نیلیم، مظفر آباد، راولا کوٹ، پونچھ، بلیان، ہاش، حویلی، سدھوتی، کوٹلی، جمشیر، میر پور) میں تیز ہوائیں اور گرج چمک کے ساتھ بارش کا امکان۔

پنجاب/اسلام آباد: 16 (شام) سے 18 مئی کے دوران: مری، گلیات، اسلام آباد، راولپنڈی، انک، چکوال، چنیم، منڈلی بہاؤ الدین، گجرات، گوجرانوالہ، حافظ آباد، سیالکوٹ، نارووال، لاہور، قصور، اوکاڑہ، فیصل آباد، ٹوبہ ٹیک سنگھ، جہنگ، خوشاب، سرگودھا، میانوالی اور ساہیوال میں گرد آلود ہوائیں اچھڑنے اور گرج چمک کے ساتھ بارش کا امکان۔

سندھ: 17 اور 18 مئی کو: سکھر، جیکب آباد، کشور، لاڑکانہ اور دادو میں گرد آلود ہوائیں اچھڑنے اور گرج چمک کے ساتھ ہلکی بارش کا امکان۔

حکمر ارات اور احتیالی حدبیر:

- کسان حضرات اپنی فصلوں کو موسم کو مد نظر رکھتے ہوئے اپنے معمولات ترتیب دیں۔
- موسم گرمی سے بچاؤ کے لیے احتیالی حدبیر اختیار کریں۔
- موسم کو زندگی کے تمام شعبوں میں پانی کے درست استعمال کی ہدایت۔
- احتیالی خشک موسم اگر گرمی کی لہر پنجاب، خیبر پختونخوا اور شمال مشرقی بلوچستان کے ساتھ ہونے والے علاقوں میں مہلایں اور جنگلات میں آگ لگنے کا سبب بن سکتی ہے۔

نوٹ: تمام مختلف بودروں کو گرمی کی لہر کے دوران "ارات" نہ رہنے اور کسی ناگھمراہ واقعہ سے بچنے کے لیے تمام ضروری اقدامات کرنے کی ہدایت کی جاتی ہے۔

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

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ترجمان (حکمر موسمیات)

NDMA Heatwave Guidance



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

Signs

- Extremely high body temperature (above 103 degrees F) taken orally
- Red, hot and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion or unconsciousness



Heat Cramps

Signs

- Muscle pain or spasms in the stomach, arms or legs



Heat Exhaustion

Signs














- Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting



HEATWAVE



Be Prepared

Prepare	During	Respond
<p>Keep Your Home Cool</p>  <p>Cover windows with drapes or shades.</p>  <p>Cover windows with drapes or shades.</p>  <p>Position fans near windows to draw in cooler air overnight and create cross-ventilation.</p>  <p>Plant trees outside windows to provide shade and reduce sunlight indoors.</p>  <p>Use window reflectors such as aluminum foil to reflect heat back outside.</p>	<p>Find places with air conditioning</p>  <p>Find places with air conditioning</p>  <p>If you're outside, find shade.</p>  <p>Stay Hydrated.</p>  <p>Do not use electric fans when the temperature outside is more than 95 degrees.</p>  <p>Avoid high-energy activities.</p>	<p>Heat Cramps</p>  <p>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.</p>  <p>Heat Exhaustion</p> <p>• Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.</p>  <p>Heat Stroke</p> <p>• Actions: Call for emergency medical assistance. Cool down with whatever methods available and constantly monitor temperature until help arrives.</p>



HEATWAVE

Mitigation & Prevention



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 for necessary alerts to travelers



Avoid direct exposure to sunlight during peak hours (1000 - 1700 hours).



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

Forest Fire Guidance



FOREST FIRE

Be Prepared



An uncontrolled and often rapidly spreading blaze that occurs in forested areas, characterized by burning trees, vegetation, and sometimes wildlife habitat

Forest Fire Facts



Can damage your property. Set up defense zones to protect your home.



Often caused by **humans or lightning.**



Can happen anywhere, anytime. **Risk increases with little rain and high winds.**

Types of forest fire

Ground Fire

Ground fires burn low vegetation, less intense than crown fires but spread rapidly.



Surface Fire

Surface fires burn on the forest floor, consuming debris like leaves and branches. They vary in speed based on wind, moisture, and terrain.



Crown Fire

intense, spread through treetops fueled by dry vegetation and wind, leap between trees, devastating large forest areas.





FOREST FIRE



Be Prepared

Prepare



Make an Emergency Plan

Make sure everyone in your household knows and understands what to do if you need to quickly evacuate.

Strengthen Your Home



Use fire-resistant materials to build, renovate or make repairs.



Find an outdoor water source with a hose that can reach any area of your property.



Fire-resistant zone that is free of leaves, debris or flammable materials for at least 30 feet from your home.

During



Pay attention to emergency alerts and notifications for information and instructions.



Evacuate immediately if authorities tell you to do so!



If trapped, call **RESCUE 1122** and give your location, but be aware that emergency response could be delayed or impossible. **Turn on lights** to help rescuers find you.



Cover your face and mouth to protect yourself from smoke inhalation or limit your exposure to smoke.



Evacuate the elderly, sick and children first.

After



Do not return home until authorities say it is safe to do so.



Avoid hot ash, charred trees, smoldering debris and live embers. The ground may contain heat pockets that can burn you or spark another fire.



When cleaning, wear protective clothing



Use a respirator to limit your exposure, and wet debris to minimize breathing dust particles



Send text messages or use social media to reach out to family and friends.



FOREST FIRE

Mitigation & Prevention



Controlled Burning

Utilizing controlled burns to reduce fuel, enhance ecosystem health, and prevent wildfires.



Firebreaks

Creating and maintaining firebreaks, clearings that halt fire spread by removing fuel.



Watch towers

Elevated structures offer a vantage point for fire monitoring, enabling quick response and containment.



Community Engagement

Engaging local communities in fire prevention through awareness campaigns, training, and community-based initiatives.



Clearing Accumulated Debris

Clearing dead wood, branches, and dry leaves from forests is crucial to prevent fires as they serve as fuel.



Fire Bans and Restrictions

Enforcing temporary bans on high-risk activities like open burning, campfires, smoking, and fireworks during periods of elevated fire danger.



Replacement of Firefighting Machinery

Proactively stationing firefighting machinery strategically in fire-prone areas during peak fire months ensures swift and effective fire suppression.



Fire Drills

Conducting regular fire drills and training exercises to ensure that firefighting personnel are well-prepared to respond to fire incidents promptly and efficiently.



Tourist Awareness Programs

Tourist awareness programs educate visitors on fire safety, responsible behavior, and adherence to fire regulations in forests, using materials, signage, and displays to reduce human-caused wildfires.



Forest Management Practices

Implementing sustainable forest management practices like logging, thinning, and vegetation management reduces fuel, enhances resilience, and lowers wildfire risk.