



No. PDMA(S)/7(78)/15/4932  
**PROVINCIAL DISASTER MANAGEMENT AUTHORITY**  
**REHABILITATION DEPARTMENT**



**GOVERNMENT OF SINDH**  
**PLOT NO. 26-C, MAIN KHAYABAN-E-JAMI,**  
**DHA PHASE-VII, KARACHI**  
**Phone: 021-99332003-5, Fax: 021-99332007**

**MOST IMMEDIATE/BY FAX/WHATSAPP**

**Dated: 16<sup>th</sup> May, 2024**

To,

**The Deputy Commissioner(s)/Chairman DDMA(s),**  
**Karachi East, West, Central, South, Korangi, Keamari, Malir, Hyderabad, Jamshoro, Dadu,**  
**Matiari, Tando Allahyar, Tando Muhammad Khan, Badin, Thatta, Sujawal, Tharparkar,**  
**Mirpurkhas, Umerkot, Shaheed Benazirabad, Naushahro Feroze, Sanghar, Larkano, Shikarpur,**  
**Jacobabad, Kashmore, Kamber Shahdadkot, Sukkur, Khairpur, and Ghotki districts.**

Subject

**HEATWAVE CONDITIONS DURING UPCOMING WEEK & DUST-STORMS /**  
**THUNDERSTORM – RAIN EXPECTED IN UPPER PARTS OF THE PROVINCE FROM**  
**17<sup>th</sup> – 18<sup>th</sup> May**

I am directed to refer to the Waether-Heatwave Advisory No. F.2 (E)/2024-NDMA (MW/Weather-HeatwaveAdvisory) dated 16<sup>th</sup> May, 2024. received from the National Disaster Management Authority (NDMA), Wherein it has been forecasted that **Heatwave Conditions** are likely to develop over **Most Parts of the Country**, especially including Sindh from **21<sup>st</sup> May** and are likely to advance into **Severe Heatwave Conditions** from **23<sup>rd</sup> to 27<sup>th</sup> May**. As the Daytime Temperatures are likely to remain **4-6°C above normal** in Sindh (approx. 35-40°C) from **21-23 May** whereas it will remain **6-8°C above normal** from **23<sup>rd</sup> to 27<sup>th</sup> May** (approx. 45°C or above).

2. Furthermore, a shallow westerly wave is likely to affect upper parts of the Province from **17<sup>th</sup> to 18<sup>th</sup> May**, due to which **Dust storm/thunderstorm-rain** are expected in Sukkur, Jacobabad, Kashmore, Larkano and Dadu districts.

**Under the influence of this weather system: -**

- Temperatures are likely to increase, with maximum increase during daytime.
- Heatwave conditions are likely to prevail.
- Extremely dry / hot conditions may trigger forest / bush fires in vulnerable areas of the province.
- Farmers are advised to remain extra cautious and plan agricultural activity accordingly, ensuring adequate water supply.
- Dust Storm / Thunderstorms may damage crops, loose structures, etc.
- Thunderstorms may increase the risk of lightning strikes.

In view of the above, the Deputy Commissioner(s)/ Chairman DDMA(s) are advised to undertake following measures in addition to efforts deemed appropriate as per on ground situation / requirements:

- Establishment of Heatstroke Stabilization Centers at Public/ Private Hospitals/health facilities including mobile centres, (such centres should be established near public transit locations) by government locals/philanthropist, humanitarian organizations both local and foreign.
- Coordinate with Sindh Emergency Services Rescue 1122.
- Ensure awareness campaign to educate the public on preventive measures regarding heatwave mitigation and response.
- Establishment of helpline to address needs of affected people at priority basis.
- Assist general public in provision of water and necessary emergency medicines for heat stroke victims.
- Stockpile necessary emergency relief/ medicine stores in drought-affected areas.
- Authorities to take appropriate water conservation measures in both urban and rural areas.



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DHA PHASE-VII, KARACHI  
Phone: 021-99332003-5, Fax: 021-99332007**

- Ensure availability of uninterrupted power supply through intimate coordination with concerned departments and provision / availability of standby generators for heatstroke centers/hospitals.
- Emergency services and ambulances with trained paramedics to remain available around the clock, especially during daytime.
- Emergency Services / Fire Brigades to remain alert against possible fires and undertake preventative measures against fires where possible.
- Proactive Monitoring of forested areas of signs of anticipated forest fires and timely response measures.
- Ensure availability of all forest officers / negehban / watchers and ensure frequent field visits.
- Responders to ensure that necessary firefighting equipment / vehicles are available and well-maintained, including resistant clothing, personal protective equipment, firefighting tools and communication devices.
- 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.
- Ensure widespread circulation of alerts and advisories, especially in local languages, to raise awareness and sensitize travelers / local communities.
- 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.
- 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.
- Coordinate with concerned departments (NHA, NH&MP and FWO) for issuing necessary alerts to travelers, especially over long distances to take precaution avoid over exposure.
- Ensure timely restoration of electricity supply to residential areas as priority.
- Ensure that farmers, dairy farmers and cattle breeders are informed of greater requirement of water for standing crops, orchards, plantations and cattle along with other precaution from adverse effects of dust-storms / thunderstorms and likely increase in temperatures.
- Establish heatstroke facilities for livestock.
- Ensure round-the-clock monitoring of the situation with Regular feedback to PDMA Sindh.
- Judicious use of water is recommended in all aspects of life during forecasted period.

  
**(AJAY KUMAR SEWANI)  
ASSISTANT DIRECTOR (OPS)**

A copy is forwarded for information & necessary action to:

1. The Senior Member Board of Revenue, Government of Sindh, Karachi.
2. The Secretary to Government of Sindh, Home Department, Karachi.
3. The Secretary to Government of Sindh, Health Department, Karachi.
4. The Secretary to Government of Sindh, Irrigation Department, Karachi.
5. The Secretary to Government of Sindh, School Education and Literacy Department, Karachi.
6. The Secretary to Government of Sindh, College Education, Karachi.
7. The Secretary to Government of Sindh, Universities and Boards, Karachi.
8. The Secretary to Government of Sindh, Information and Archives Department, Karachi (With a request for wide publicity through the electronic & print media).
9. The Secretary to Government of Sindh, Environment, Climate Change & Coastal Development Department, Karachi.
10. The Secretary to Government of Sindh, (GA) SGA&CD, Karachi.
11. The Secretary to Government of Sindh, Works and Services Departments Karachi.
12. The Secretary to Government of Sindh, Food Department Karachi.
13. The Secretary to Government of Sindh, Agriculture Department Karachi.
14. The Secretary to Government of Sindh, Livestock & Fisheries Department, Karachi.
15. The Secretary to Government of Sindh, (Planning), Planning and Development Department, Karachi
16. The Inspector General of Police, Sindh, Karachi.
17. The Commissioner(s) All Concerned.
18. The Director General, Health Services Sindh, at Hyderabad.



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**Phone: 021-99332003-5, Fax: 021-99332007**



19. The Director General, Livestock & Fisheries Sindh, at Hyderabad
20. The Director General, Coastal Development Authority, Government of Sindh, Karachi.
21. The Director General, Pakistan Maritime Security Agency, Karachi.
22. The Director General, Sindh Building Control Authority, Karachi.
23. The Director General, Pakistan Civil Aviation Authority, Karachi.
24. The Director General, Pakistan Meteorological Department, Islamabad.
25. The Director General, Sindh Emergency Services Rescue 1122, Karachi
26. The Head, National Highway Authority, Office Karachi (It is requested to take all necessary precautionary measures as mentioned here-in above).
27. The Metropolitan Commissioner, Karachi Metropolitan Corporation, Karachi (It is requested to take all necessary precautionary measures as mentioned here-in above).
28. The Administrator, Defense Housing Authority, Karachi (It is requested to take all necessary precautionary measures as mentioned here-in above).
29. The Deputy Secretary (Staff) to Chief Minister Sindh, Karachi.
30. The Deputy Secretary (Staff) to Chief Secretary Sindh, Karachi.
31. The Divisional Superintendent Pakistan Railways, Karachi / Sukkur
32. The Chief Executive Officer, PPHI, Sindh Karachi.
33. The Chief Executive Officer Sindh Integrated Emergency and Health Services, Karachi.
34. The Chief Executive Officer, Cantonment Board Saddar/ Clifton/ Faisal/ Manora/ Korangi Creek/ Malir, Karachi (It is requested to take all necessary precautionary measures as mentioned here-in above).
35. The Chief Executive Officer(s), Karachi Electric, HESCO, SEPCO.
36. The Chief Executive, Edhi Foundation, Al Mustafa Welfare Trust, JDC Foundation, Alamgir Welfare Trust, Alkhidmat Foundation, Khidmat-e-Khalq Foundation, Pakistan Red Crescent Sindh, Chhipa Welfare Organization.
37. The Chief Executive Officer, Faizan Global Relief Foundation.
38. The Executive Director, Muslim Hands Pakistan.
39. The Head of Office, Pakistan FisherFolk Forum, Karachi.
40. The Director (Response), National Disaster Management Authority, Islamabad.
41. The Head Quarters ComCoast Karachi.
42. The Head Quarters, 5 Corps, Karachi.
43. The Head Quarters ComKar, Pak Navy, Karachi.
44. The Head Quarters Pakistan Rangers, Sindh, Karachi.
45. The PS to Chairman, Planning and Development Board, GoS, Karachi.
46. The PS to Minister, Rehabilitation Department, Karachi.
47. The PS to Secretary to Government Sindh, Rehabilitation Department, Karachi.
48. The PS to Director General, Provincial Disaster Management Authority, Sindh, Karachi.

  
**(AJAY KUMAR SEWANI)**  
**ASSISTANT DIRECTOR (OPS)**

**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

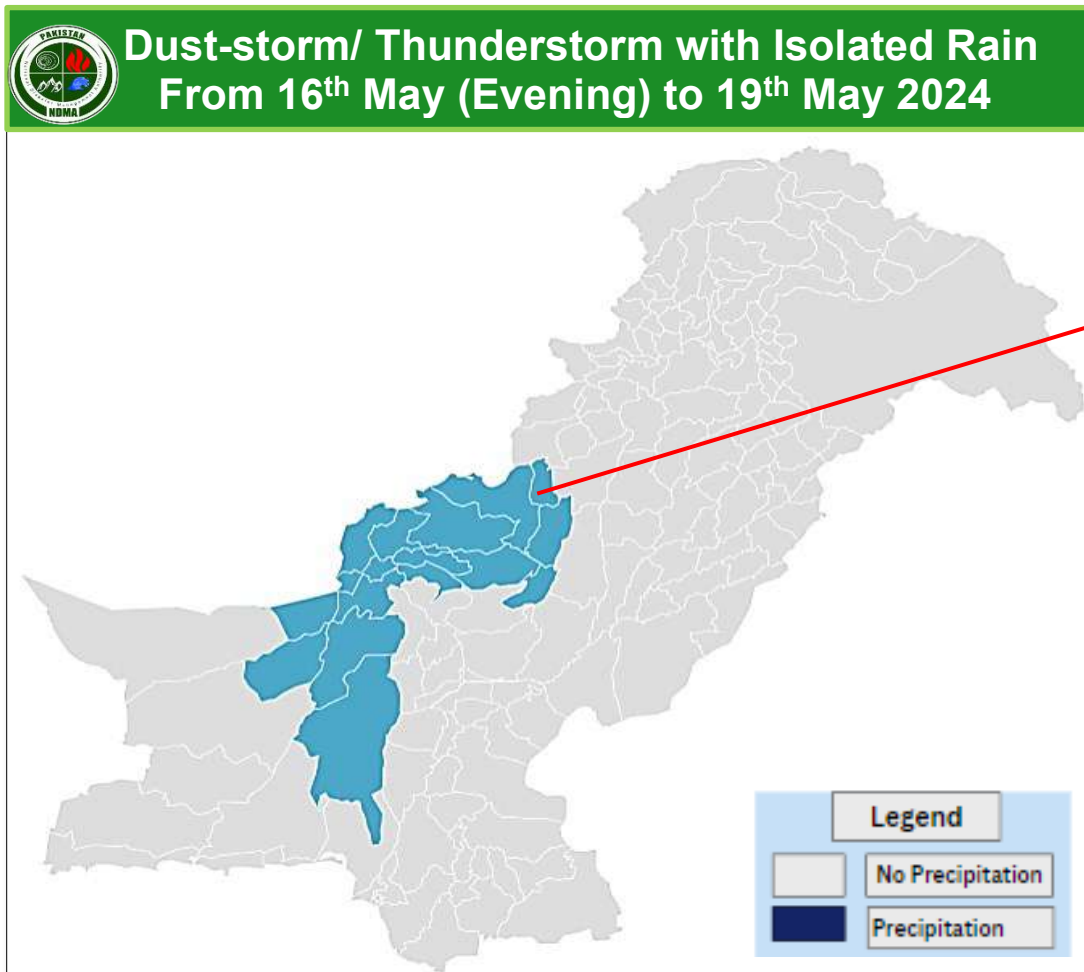


Dated: 16 May 2024

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**.

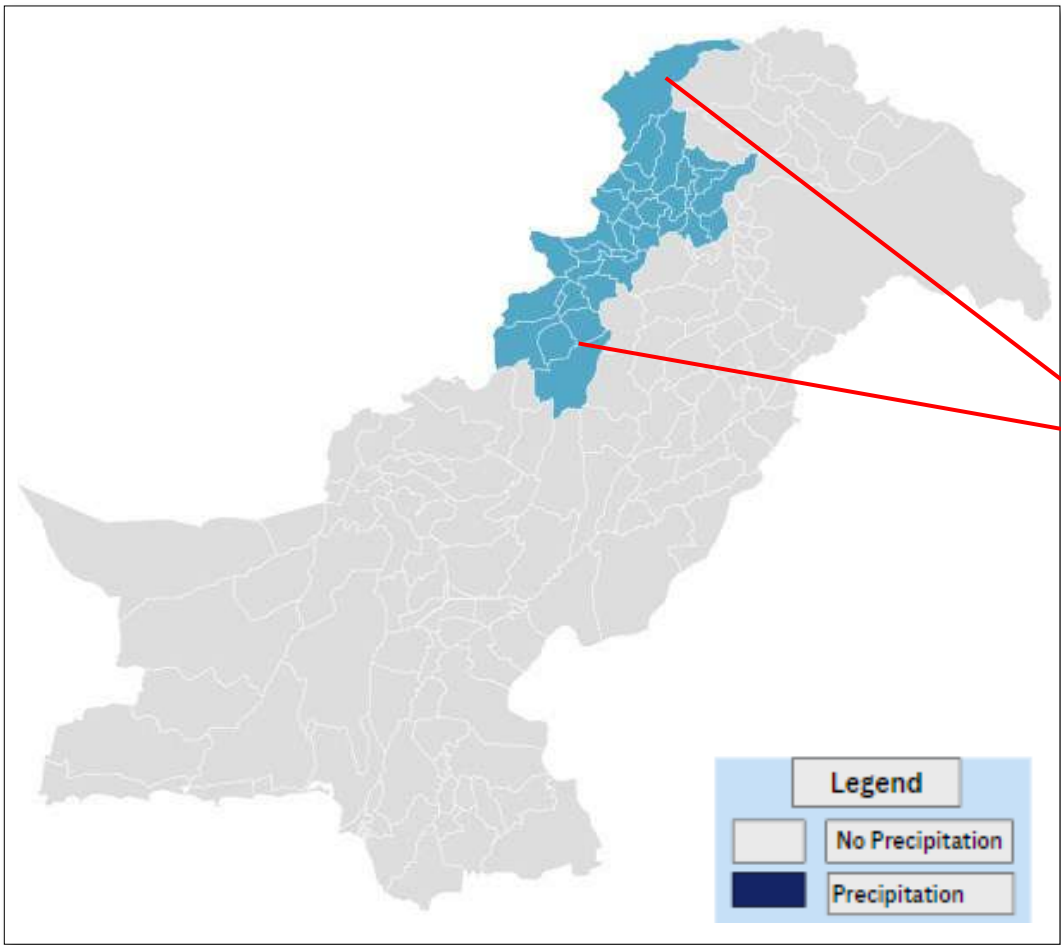
It is forecasted (PMD Press Release at **Annex-A**) that **Heatwave Conditions** are likely to develop over Most Parts of the Country, **especially Punjab and Sindh from 21 May** and likely to advance into **Severe Heatwave Conditions** from 23 to 27 May. **Daytime Temperatures** are likely to remain **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**

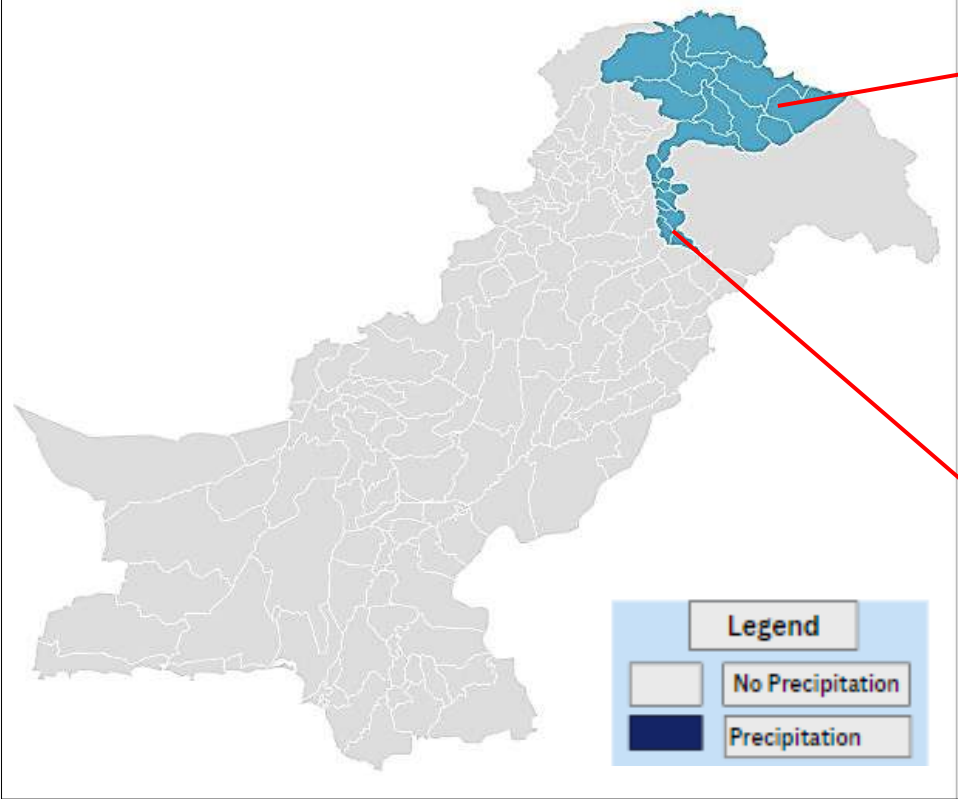
- Quetta
- Zhob
- Ziarat
- Sherani
- Kalat
- Barkhan
- Khuzdar
- Mastung
- Nushki
- Kharan
- Killa Abdullah
- Pishin
- Killa Saifullah
- Musakhel
- Loralai
- Harnai

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

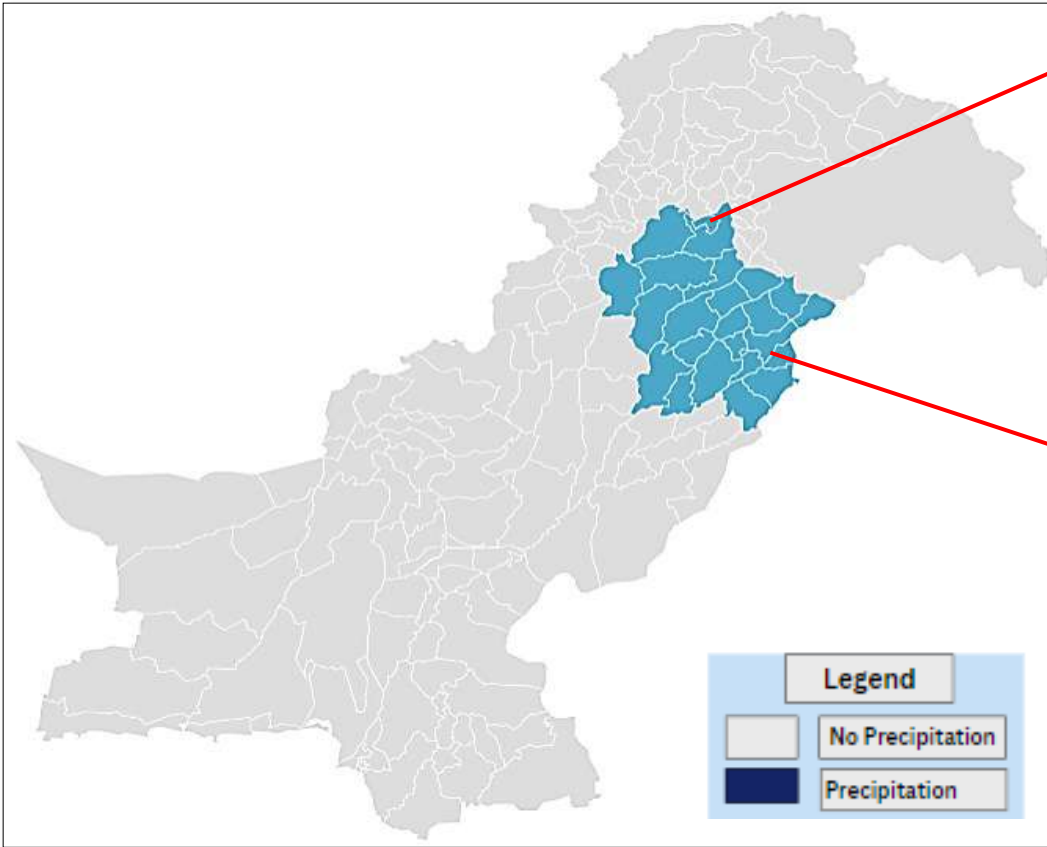


- GB**
- Diamer
  - Astore
  - Ghizer
  - Skardu
  - Hunza
  - Gilgit
  - Ghanche
  - Shigar

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



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



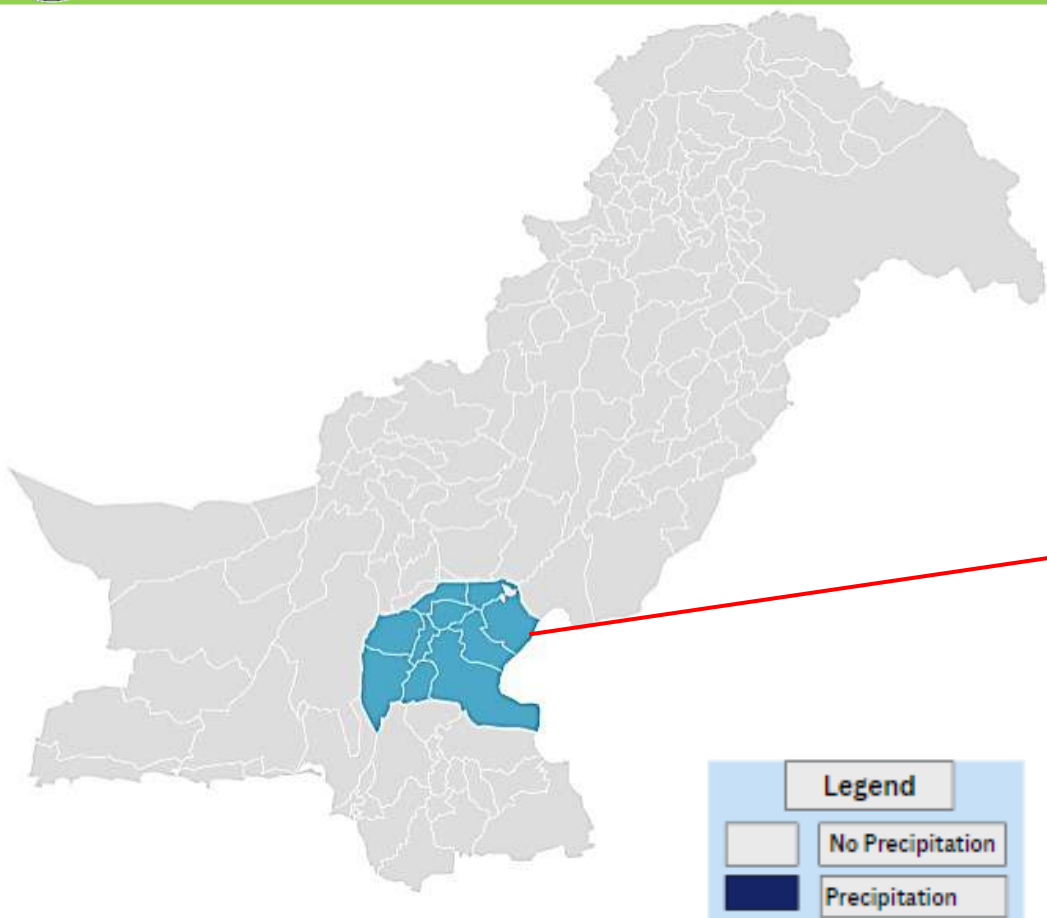
### Islamabad

### 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 17<sup>th</sup> May to 18<sup>th</sup> May 2024

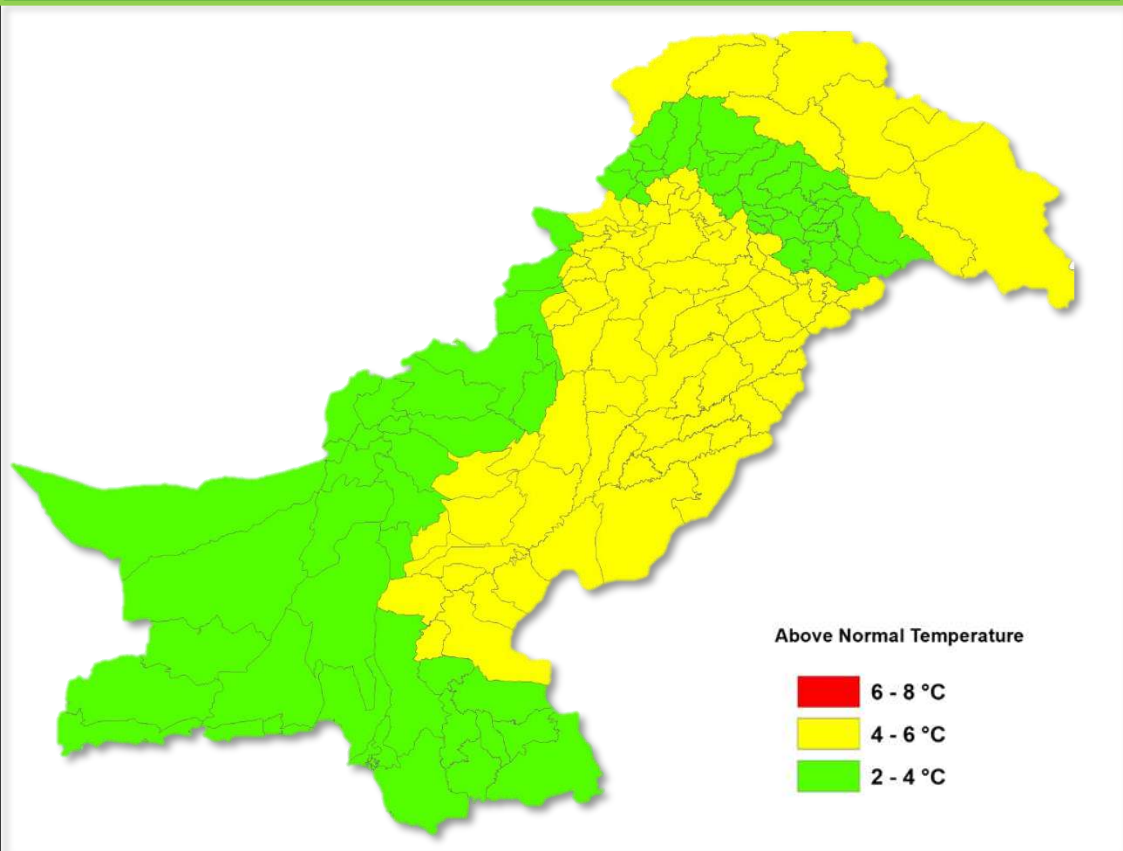


### Sindh

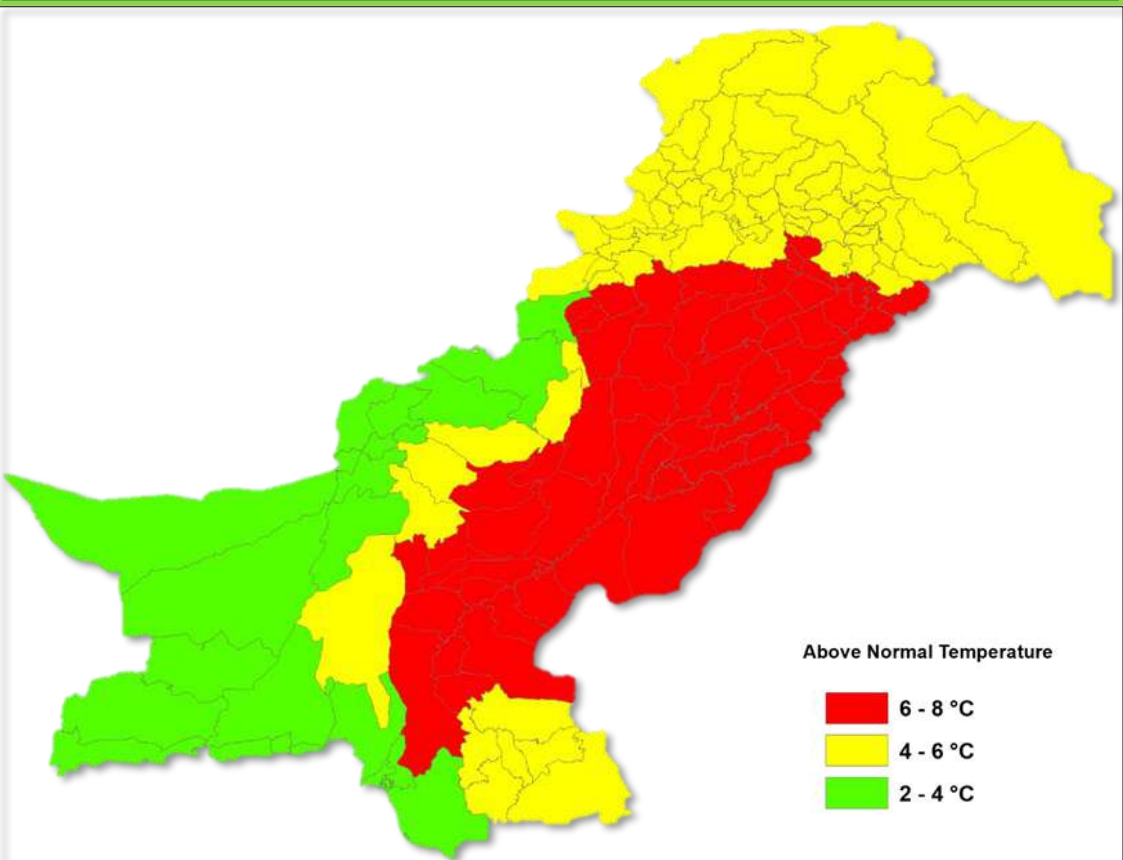
- Sukkur
- Jacobabad
- Kashmore
- Larkana
- Shikarpur
- Khairpur
- Dadu
- Q. Shahdadt
- Naushero Feroze
- Ghotki



## Heatwave from 21<sup>st</sup> to 22<sup>nd</sup> May 2024



## Heatwave from 23<sup>rd</sup> to 27<sup>th</sup> 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.

  
(Hammad Sadiq Rana)  
Director (Response)  
Tel No: 051-9087128  
Fax No: 051-9030729

(DISTRIBUTION LIST ATTACHED)

**DISTRIBUTION LIST**

- To: Secretary, Ministry of Interior, Islamabad  
Secretary, Ministry of National Health Services, Regulation & Coordination, Islamabad  
Secretary, Ministry of Information & Broadcasting, Islamabad  
Secretary, Ministry of Climate Change, Islamabad  
Secretary, Ministry of Communications, Islamabad  
Secretary, Ministry of Water Resources, Islamabad  
Secretary, Ministry of National Food Security & Research, Islamabad  
Secretary, Ministry of Energy, Islamabad  
Secretary, Aviation Division, Islamabad  
Chief Secretary, Government of Balochistan, Quetta  
Chief Secretary, Government of Khyber Pakhtunkhwa, Peshawar  
Chief Secretary, Government of Punjab, Lahore  
Chief Secretary, Government of Sindh, Karachi  
Chief Secretary, Government of Gilgit Baltistan, Gilgit  
Chief Secretary, State of AJ&K, Muzaffarabad  
Director General, Pakistan Meteorological Department, Islamabad  
Director General, Pakistan Civil Aviation Authority, Karachi  
Chairman, Federal Flood Commission (FFC), Islamabad  
Chairman, National Highway Authority (NHA), Islamabad  
Chairman, WAPDA, Lahore  
General Manager, Tarbela Dam Authority  
General Manager, Mangla Dam Authority  
Director General, PDMA Balochistan, Quetta  
Director General, PDMA Khyber Pakhtunkhwa, Peshawar  
Director General, PDMA Punjab, Lahore  
Director General, PDMA Sindh, Karachi  
Director General, GBDMA, Gilgit  
Director General, SDMA, Muzaffarabad  
Director General, Rescue 1122 Balochistan, Quetta  
Director General, Rescue 1122 Khyber Pakhtunkhwa, Peshawar  
Director General, Rescue 1122 Punjab, Lahore  
Director General, Rescue 1122 Sindh, Karachi  
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  
Headquarters, National Highways & Motorway Police, Islamabad  
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: 16<sup>th</sup> 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 16<sup>th</sup> (evening) to 19<sup>th</sup> 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 21<sup>st</sup> May and likely to convert to severe heatwave conditions from 23<sup>rd</sup> to 27<sup>th</sup> May.

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

Met office further informed that a shallow westerly wave is likely to affect upper parts of the country on 16<sup>th</sup> 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 **16<sup>th</sup> (evening) to 19<sup>th</sup> 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 **16<sup>th</sup> (evening) to 19<sup>th</sup> 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 **16<sup>th</sup> (evening) to 19<sup>th</sup> 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 **16<sup>th</sup> (evening) to 18<sup>th</sup> May.**

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

**Distributions:**

1. MS to PM, Islamabad
2. PS to Minister for Aviation Division
3. Secretary Aviation Division
4. Chief Sec Punjab, KP, GB, Kashmir, Balochistan & Sindh
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6. Secretary Agriculture Punjab, KP, GB, Kashmir, Balochistan & Sindh
7. Chairman NDMA
8. Chairman NHA
9. IG Motorways
10. DG's PDMA & SDMA
11. Secretary MOCC & Water Resources
12. Secretary National Food Security and Research
13. Chairman FFC & IRSA
14. Director to Minister for MOCC
15. Chief Commissioner Islamabad
16. Commissioner Rawalpindi
17. Rescue 1122
18. Directors RMC's & Electronic and Print Media.

*Spokesperson*

**PMD PRESS RELEASE (URDU)**

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

NWFC-5(10A)/2017/75

Date: 16<sup>th</sup> May, 2024  
Time: 14:00 PST

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 گرنج چمک کے ساتھ بارش کی توقع**

محلہ 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 میں آئندہ 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 گری سیکل گریڈ زیادہ اور 23 سے 27 مئی کے دوران 06 سے 08 گری سیکل 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 گری سیکل گریڈ زیادہ رہنے کا امکان۔

محلہ 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، زہرات، شیرانی، ہڈکسان، قلات، خضدار، قلعہ عبداللہ، قلعہ سیف اللہ، خاران اور مستونگ میں گرد آلود ہوائیں اچھڑنے اور گرنج چمک کے ساتھ بارش کا امکان۔

**خیبر پختونخوا: 16 (شام) سے 19 مئی کے دوران:** پشاور، مردان، سوات، ایبٹ آباد، مانسہرہ، پوری پور، کوہستان، شانگلہ، پورہ، مالاکنڈ، وزیرستان، کوہاٹ، اچی مروت، خوں، ڈیرہ اسماعیل خان، ہاجوز، مہمند، کرک، خیبر، پشاور، چارسدہ، نوشہرہ، صوابی، مردان اور کرم میں گرد آلود ہوائیں اچھڑنے اور گرنج چمک کے ساتھ بارش کا امکان۔

**گلگت بلتستان/کشمیر: 16 (شام) سے 19 مئی کے دوران:** گلگت بلتستان (دیپیر، استور، غلڈر، انکرو، ہنزہ، گلگت، گانچے، شکر، کشمیر (وادی نیلم، مظفر آباد، راولا کوٹ، پونچھ، مہلیاں، ہاشم، حویلی، سدستونی، کوئی، جمشید پور) میں تیز ہوائیں اور گرنج چمک کے ساتھ بارش کا امکان۔

**پنجاب/اسلام آباد: 16 (شام) سے 18 مئی کے دوران:** مری، گجرات، اسلام آباد، راولپنڈی، انک، پکوال، جہلم، منڈلی بہاولپور، گجرات، گوجرانوالہ، حافظ آباد، سیالکوٹ، نہرووال، لاہور، قصور، باگھ، فیصل آباد، ٹوبہ ٹیک سنگھ، بہتک، خوشاب، سرگودھا، میانوالی اور ساہیوال میں گرد آلود ہوائیں اچھڑنے اور گرنج چمک کے ساتھ بارش کا امکان۔

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

**ملک اترت اور احتیاطی تدابیر:**

- کسان صحرائی زمینوں کو موسم کو مد نظر رکھتے ہوئے اپنے معمولات ترتیب دیں۔
- موسم گرمی سے بچاؤ کے لیے احتیاطی تدابیر اختیار کریں۔
- موسم کو زندگی کے تمام شعبوں میں پانی کے درست استعمال کی ہدایت۔
- اچھڑنے والی گرمی کی لہر پنجاب، خیبر پختونخوا اور شمال مشرقی بلوچستان کے ساحل ہونے والے علاقوں میں مہلکیوں اور جنگلات میں آگ لگنے کا سبب بن سکتی ہے۔

نوٹ: تمام حلقہ کاروں کو گرمی کی لہر کے دوران "اٹارٹ" کرنے اور کسی نا اہل اور واقعہ سے بچنے کے لیے تمام ضروری اقدامات کرنے کی ہدایت کی جاتی ہے۔

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

**Distributions:**

1. MS to PM, Islamabad
2. PS to Minister for Aviation Division
3. Secretary Aviation Division
4. Chief Sec Punjab, KP, GB, Kashmir, Balochistan & Sindh
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ترجمان (محلہ 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><b>Keep Your Home Cool</b></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 <b>air conditioning</b></p>  <p>If you're outside, <b>find shade.</b></p>  <p><b>Stay Hydrated.</b></p>  <p><b>Do not use electric fans</b> when the temperature outside is more than <b>95 degrees.</b></p>  <p><b>Avoid high-energy activities.</b></p> 	<p><b>Heat Cramps</b></p> <p><b>Actions:</b> 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><b>Heat Exhaustion</b></p> <p><b>Actions:</b> 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><b>Heat Stroke</b></p> <p><b>Actions:</b> 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.



### Preplacement 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.