

SEVERE HEATWAVE PREDICTED DURING COMING WEEK

In continuation of letter No. F.2(E)/2025-NDMA (MW/Heatwave Advisory) issued by the National Disaster Management Authority (NDMA), Prime Minister's Office, Government of Pakistan, the following precautionary measures are advised to mitigate the effects of the anticipated severe heatwave in the coming week:

a. 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**.

b. 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.

c. 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**.