



**BOARD OF REVENUE, PUNJAB**  
**PROVINCIAL DISASTER MANAGEMENT AUTHORITY**  
152-B, Noon Avenue, New Muslim Town, Lahore  
**HEATWAVE ADVISORY**



Letter No: PEOC (Heatwave Advisory)-2026/30

Dated: 6<sup>th</sup> June, 2026

To:

1. Secretaries to Govt. of the Punjab,
  - i. HUD & PHED Department
  - ii. Local Government & Community Development Department
  - iii. Agriculture Department
  - iv. Environment Protection Department
  - v. Specialized Healthcare & Medical Education Department
  - vi. Health & Population Department
  - vii. Forest, Wildlife & Fisheries Department
  - viii. Communications & Work Department
  - ix. Transport & Mass Transit Department
  - x. Tourism, Archaeology and Museums Department
  - xi. Higher Education Department
  - xii. School Education Department
  - xiii. Punjab Emergency Services (Rescue 1122), Department
2. IG Motorways
3. All Divisional Commissioners in Punjab
4. All Deputy Commissioners/Chairman DDMA's in Punjab
5. Director General of WASAs, Punjab
6. All Managing Directors, WASA

**SUBJECT: HEATWAVE CONDITIONS LIKELY TO DEVELOP IN UPCOMING WEEK**

Met office (vide Letter No. NWFC-5(10A)/2017/171) informed that a high pressure is likely to develop in upper atmosphere on **8<sup>th</sup> June** and likely to persist till **11<sup>th</sup> June**. Under the influence of this system, **Heatwave conditions are likely to develop over the province from 7<sup>th</sup> to 12<sup>th</sup> June.**

- **Maximum temperature** is likely to remain **05 – 07 °C above normal** and may rise to **(41 - 44) °C** in the districts of **Rawalpindi, Attock, Chakwal, Jhelum and Gujrat** from **8<sup>th</sup> to 10<sup>th</sup> June.**
- While **(44 - 48) °C** in districts of **Lahore, Okara, Kasur, Faisalabad, Sargodha, Joharabad, Khushab, Mianwali, Noor Pur Thal, Jhang, Toba Tek Sing, Sahiwal, Dera Ghazi Khan, Multan, Khanewal, Pakpattan, Rahim Yar Khan, Rajanpur, Bahawalpur, Bahawalnagar, Bhakkar, Layyah and Kot Addu** from **8<sup>th</sup> to 11<sup>th</sup> June.**
- **Night temperatures** are also likely to **rise** during the forecast period.
- Due to **intense heating dust-storm** may occur at isolated places in southern Punjab during the forecast period.

2. In order to maintain high level of preparedness and mitigation of the disaster all the District administrations and line departments are requested to ensure the following measures:

**a. Institutional Measures:**

- i. All District Disaster Management Authorities (DDMA's) and local administrations shall **launch comprehensive public awareness campaigns** highlighting the **risks associated with heatwaves** and promoting preventive measures.
- ii. Education departments shall ensure the **safety of school children** by implementing necessary measures during extreme heat conditions.
- iii. Health and district authorities must **identify high-risk areas** and **establish heatstroke management centers** equipped with trained medical staff, essential medicines, basic treatment facilities, and adequate water supply.
- iv. Local authorities, must **develop emergency response protocols** to address heatwave incidents effectively and efficiently.
- v. DDMA's, and local administrations must **ensure the stockpiling and strategic placement of emergency supplies**, including first aid kits, ORS/electrolyte solutions, cooling equipment, and water dispensers in both urban and rural areas.
- vi. Establish robust communication systems to **disseminate timely weather alerts, advisories, and information** regarding cooling centers, emergency shelters, and medical assistance.
- vii. In collaboration with relevant stakeholders, **cooling centers should be established** in densely populated and vulnerable areas, particularly for individuals lacking access to cooling facilities.
- viii. Emergency services, including Rescue 1122, Fire Brigades, Forest Department, and local administrations, shall remain **on high alert** to respond to potential forest and urban fire incidents and take preventive measures accordingly.

- ix. Agriculture and Irrigation Departments shall guide farmers on **efficient water management practices** and **timely harvesting of crops**.
- x. Ensure **sufficient staffing round-the-clock in DEOCs** for effective coordination and response.
- xi. Deploy **additional staff** and resources to high-risk areas.
- xii. **Coordinate** with PDMA and all relevant departments to ensure **a unified prompt response**.
- xiii. Ensure accurate and timely dissemination of **information on safety measures and evacuation plans** through **electronic and social media**.
- xiv. Generate **Situation Reports (SITREPS)** to cover any major incidents/developments on regular basis.
- xv. Ensure **data collection and reporting** for post-flood analysis and improvements.

**b. Individual Preventive Measures:**

- i. Stay **well-hydrated** by drinking plenty of clean water throughout the day and carrying water when going outdoors.
- ii. Avoid **direct exposure to sunlight**, particularly during peak hours (10:00 AM to 5:00 PM).
- iii. Keep yourself **updated about weather conditions** through reliable sources such as news media or mobile applications.
- iv. Use curtains, blinds, or shades to **block direct sunlight** and reduce indoor heat.
- v. **Improve indoor ventilation** by placing fans near windows, especially during nighttime.
- vi. Consider **installing green shades** or plants outside windows to help naturally cool indoor spaces.
- vii. Reflective materials, such as aluminum foil, may be used on windows to **deflect sunlight and reduce heat indoors**.
- viii. Wear **appropriate clothing**, including lightweight, loose-fitting, and light clothes. Use sun protection such as hats and SPF.
- ix. If you experience symptoms like dizziness, nausea, or weakness, **seek medical attention** immediately.
- x. Plan outdoor activities or work during cooler times of the day and **avoid unnecessary travel** in extreme heat.
- xi. Take **extra care of vulnerable individuals**, including elderly persons, infants, and those with existing health conditions.
- xii. Farmers are advised to **plan agricultural activities** according to weather conditions and ensure proper care and hydration of livestock.

**c. Additional Recommendation:**

- i. Media to run **heatwave awareness messages and health tips**.
- ii. Coordinate with **WASA/ municipal bodies** to ensure **uninterrupted water supply** in heat-prone localities.
- iii. Encourage community centers and public institutions to serve as **temporary cooling shelters**.
- iv. Ensure **hydration corners or water booths** at major public gathering points **such as markets, bus terminals and parks**.

3. Respective information is submitted for necessary action.



**DIRECTOR (COORDINATION)  
PDMA, PUNJAB**

CC:

- 1) Chief Secretary, Punjab
- 2) SMBR/Relief Commissioner, Punjab, Lahore
- 3) Director General, PDMA, Punjab.

Provincial Disaster Management Authority, Punjab

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Government of Pakistan  
Ministry of Defence (Defence Division)  
Pakistan Meteorological Department  
National Weather Forecasting Centre  
Sector: H-8/2, Islamabad.

NWFC-5(10A)/2017/171

Press release:

Date: 06<sup>th</sup> June, 2026  
Time: 1500 PST

## **Heatwave Conditions likely to develop in Up-coming Week**

Met office predicted that a high pressure is likely to develop in upper atmosphere on 08<sup>th</sup> June and likely to persist till 11<sup>th</sup> June. Under the influence of this system, **Heatwave conditions are likely to develop over the country from 07<sup>th</sup> to 12<sup>th</sup> June.**

- Maximum temperature is likely to remain **04 – 06 °C above normal** and may rise to **(41 - 46) °C** in the districts of Peshawar, Mardan, Bannu, Karak, Lakki Marwat, D.I Khan from **08<sup>th</sup> to 11<sup>th</sup> June**. While **(37 - 40) °C** in Chitral, Dir, Swat and Gilgit-Baltistan from **08<sup>th</sup> to 10<sup>th</sup> June**.
- Maximum temperature is likely to remain **05 – 07 °C above normal** and may rise to **(41 - 44) °C** in the districts of Islamabad, Rawalpindi, Attock, Chakwal, Jhelum, Gujrat, Mirpur, Bhimber, Kotli, Bagh and Muzaffarabad from **08<sup>th</sup> to 10<sup>th</sup> June**. While **(44 - 48) °C** in districts of Lahore, Okara, Kasur, Faisalabad, Sargodha, Joharabad, Khushab, Mianwali, Noor Pur Thal, Jhang, Toba Tek Sing, Sahiwal, Dera Ghazi Khan, Multan, Khanewal, Pakpattan, Rahim Yar Khan, Rajanpur, Bahawalpur, Bahawalnagar, Bhakkar, Layyah and Kot Addu from **08<sup>th</sup> to 11<sup>th</sup> June**.
- Maximum temperature is likely to remain **04 – 06 °C above normal** and may rise to **(48 - 51) °C** in the districts of Sukkur, Shikarpur, Qambar Shahdadkot, Jacobabad, Larkana, Mohenjo Daro, Dadu, Shaheed Benazirabad, Ghotki, Khairpur, Nausheroferoze, Sibbi, Turbat, Panjgur from **07<sup>th</sup> to 12<sup>th</sup> June**.
- Very hot weather is expected in Karachi during the forecast period and Maximum Temperature is likely to remain **(40-43) °C** from **08<sup>th</sup> to 12<sup>th</sup> June**.
- Night temperatures are also likely to rise during the forecast period.
- Due to intense heating dust-storm may occur at isolated places in southern Punjab/Sindh during the forecast period.

### **Possible Impacts and advises:**

- **Due to heatwave condition, general public especially children, women and senior citizens are advised to be extra cautious.**
- **Farmers are advised to manage their crop activities keeping in view the weather conditions and take care of their livestock as well.**
- **General public is advised to avoid unnecessary exposure to direct sunlight from (1000 to 1600 PST) and remain hydrated.**
- **Electricity demand/consumption may increase during the forecast period.**
- **Judicious use of water is requested in all aspects of life.**

**Note: All concerned authorities are advised to remain “Vigilant” and take necessary measures to avoid any untoward Situation during the forecast period.**

For daily weather updates please visit: <https://www.pmd.gov.pk/en/>, Pak Weather application <https://play.google.com/store/apps/details?id=com.pmd.kissan>

### **Distributions:**

1. MS to PM, Islamabad
2. Secretary Defence, Ministry of Defence Rawalpindi
3. Chief Sec Punjab, KP, GB, Kashmir, Balochistan & Sindh
4. Secretary Irrigation Punjab, KP, GB, Kashmir, Balochistan & Sindh
5. Secretary Water & Power
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 Health, 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*  
Ph: 051-9250363-4

NWFC-5(10A)/2017/171

Date: 06<sup>th</sup> June, 2026  
Time: 1500 PST

پریس ریلیز

## آئندہ آنے والے ہفتے کے دوران ہیٹ ویو کی صورتحال پیدا ہونے کی پیش گوئی

محکمہ موسمیات کی پیش گوئی کے مطابق 08 جون کو فضاء میں ہائی پریشر بننے کا امکان ہے جو کہ 11 جون تک برقرار رہ سکتا ہے۔ اس سسٹم کے زیر اثر 07 جون سے 12 جون کے دوران ملک کے بیشتر علاقوں میں ہیٹ ویو کی صورتحال پیدا ہونے کا امکان ہے۔ جس کے باعث:

- 08 سے 11 جون کے دوران پشاور، مردان، بنوں، کرک، لکی مروت اور ڈیرہ اسماعیل خان کے اضلاع میں زیادہ سے زیادہ درجہ حرارت معمول سے 04 سے 06 ڈگری سینٹی گریڈ زیادہ رہنے کا امکان ہے اور درجہ حرارت (41 سے 46) ڈگری سینٹی گریڈ تک پہنچ سکتا ہے۔ جبکہ 08 سے 10 جون کے دوران چترال، دیر، سوات اور گلگت بلتستان میں درجہ حرارت (37 سے 40) ڈگری سینٹی گریڈ تک رہنے کا امکان ہے۔
- 08 سے 10 جون کے دوران اسلام آباد، راولپنڈی، انک، پچوال، جہلم، گجرات، میرپور، بھمبر، کوٹلی، باغ اور مظفر آباد کے اضلاع میں زیادہ سے زیادہ درجہ حرارت معمول سے 05 سے 07 ڈگری سینٹی گریڈ زیادہ رہنے کا امکان ہے اور درجہ حرارت (41 سے 44) ڈگری سینٹی گریڈ تک پہنچ سکتا ہے۔ جبکہ 08 سے 11 جون کے دوران لاہور، اوکاڑہ، قصور، فیصل آباد، سرگودھا، جوہر آباد، خوشاب، میانوالی، نورپور، جھنگ، ٹوبہ ٹیک سنگھ، ساہیوال، ڈیرہ غازی خان، ملتان، خانیوال، پاکپتن، رحیم یار خان، راجن پور، بہاولپور، بہاولنگر، بھکر، لیہ اور کوٹ ادو کے اضلاع میں زیادہ سے زیادہ درجہ حرارت (44 سے 48) ڈگری سینٹی گریڈ تک پہنچنے کا امکان ہے۔
- 07 سے 12 جون کے دوران سکھر، شکارپور، قمبر شہداد کوٹ، جیکب آباد، لاڑکانہ، مونیجواڑو، دادو، شہید مینظیر آباد، گھوٹکی، خیرپور، نوشہرہ فیروز، سی، تربت اور پنجگور کے اضلاع میں زیادہ سے زیادہ درجہ حرارت معمول سے 04 سے 06 ڈگری سینٹی گریڈ زیادہ رہنے کا امکان ہے اور درجہ حرارت (48 سے 51) ڈگری سینٹی گریڈ تک پہنچ سکتا ہے۔
- 08 سے 12 جون کے دوران کراچی میں شدید گرم موسم متوقع ہے اور زیادہ سے زیادہ درجہ حرارت (40 سے 43) ڈگری سینٹی گریڈ کے درمیان رہنے کا امکان ہے۔
- اس دوران رات کے درجہ حرارت میں بھی اضافے کا امکان ہے۔
- شدید گرمی کے باعث جنوبی پنجاب/سندھ میں چند مقامات پر گرد آلود ہوائیں/آندھی چلنے کی بھی توقع۔
- مکملہ اثرات اور احتیاطی تدابیر:
- ہیٹ ویو کی صورتحال کے پیش نظر عوام الناس خصوصاً بچوں، خواتین اور بزرگ شہریوں کو احتیاطی تدابیر اختیار کرنے کی ہدایت۔
- کاشتکار حضرات موسمی حالات کے مطابق اپنی فصلوں کی دیکھ بھال کریں اور اپنے مویشیوں کا بھی خاص خیال رکھیں۔
- عوام الناس کو ہدایت کی جاتی ہے کہ غیر ضروری طور پر دھوپ میں نکلنے سے گریز کریں (خصوصاً 10 سے 04 بجے کے دوران) اور اپنے جسم کو پانی کی کمی سے محفوظ رکھنے کے لیے زیادہ سے زیادہ پانی استعمال کریں۔
- اس دوران بجلی کی طلب/کھپت میں اضافہ ہو سکتا ہے۔
- عوام کو زندگی کے تمام شعبوں میں پانی کے درست استعمال کی ہدایت۔
- نوٹ: تمام متعلقہ اداروں کو "ارٹ" رہنے اور 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/>

پاک ویڈیو ایپلی کیشن <https://play.google.com/store/apps/details?id=com.pmd.kissan>

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ترجمان (محکمہ موسمیات)

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