

Alert note

Pakistan, Anticipatory Heatwave Emergency - 2026

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 Date completed: May 13, 2026
 Forum: ACT Forum Pakistan
 Type of emergency: Pakistan Heatwave, 2026
 Date of emergency (if rapid onset): May 2026 - ongoing heatwave spell; recurrent heatwave conditions anticipated during the remaining May and June 2026 summer period.

1. The nature of the emergency

Pakistan is currently facing an active and intensifying heatwave situation during the May 2026 summer hazard period, with southern and central parts of the country under very hot and dry conditions. According to public reporting based on the Pakistan Meteorological Department's forecast, heatwave conditions were expected to develop over southern and central parts of the country from 7 May, driven by a high-pressure system in the upper atmosphere. *Dawn* reported that daytime maximum temperatures may rise to **46–50°C** in several districts of Sindh and Balochistan, indicating severe heatwave conditions across southern Pakistan¹. The Nation also reported severe heatwave conditions across central and southern Pakistan, with temperatures expected to rise significantly above normal levels².

The forecasted risk is further supported by the **Pakistan Meteorological Department Outlook Map for May 2026**, which shows above-normal temperature conditions over most parts of Pakistan, including southern areas of the country.

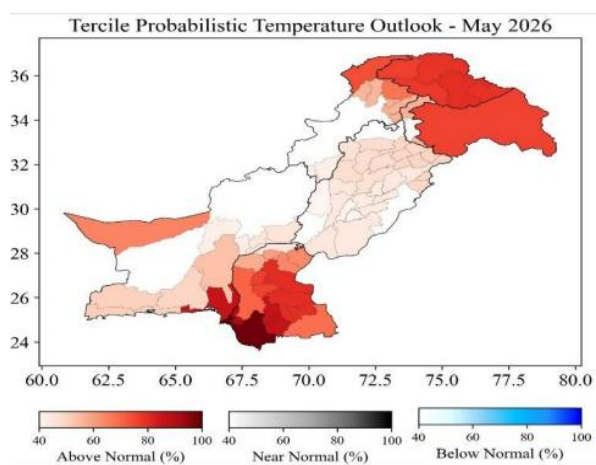


Figure 1: Pakistan Meteorological Department Outlook Map for May 2026 showing elevated temperature conditions across Pakistan, including southern Sindh and adjoining high-risk areas.

The above shown map indicates above-normal temperatures over most parts of Pakistan, with warmer-than-normal conditions particularly likely in southern Pakistan, including Sindh and western Balochistan. The map shows southern parts of the country, including Sindh, falling within the elevated temperature outlook zone, reinforcing the concern that Umerkot and surrounding districts may continue to face extreme heat exposure during May. The National Disaster

¹ <https://www.dawn.com/news/1998233>

² <https://www.nation.com.pk/07-May-2026/heatwave-grips-central-southern-parts-country>

Management Authority (NDMA) also identifies April–June 2026 as the key summer hazard period, including heatwave risk, preparedness measures and public guidance³.

Umerkot district has an estimated population of 1.16 million people, including 0.90 million rural and 0.26 million urban residents. This district is vulnerable due to its hot, semi-arid climate, rural spread, limited access to safe drinking water and shaded spaces, and high dependence on outdoor labour, agriculture, livestock, and climate-sensitive livelihoods. Vulnerable groups include outdoor workers, pedestrians, daily wage labourers, agricultural workers, women, children, elderly persons, persons with disabilities, pregnant and lactating women, and low-income households. CWSA's heatwave SitRep alert for Umerkot was published on 7 May 2026, highlighting the situation in Umerkot, emerging humanitarian needs, and CWSA's initial response in coordination with the District Administration/DDMA Umerkot. Given that heatwaves are forecastable hazards, this alert is being raised on an anticipatory action basis to reduce risks of dehydration, heat exhaustion, heatstroke, and pressure on local health services before impacts escalate further.

2. The impact and scale of the emergency

This is considered a medium-scale emergency requiring immediate, localised and life-saving support in Umerkot district. While the wider heatwave situation is affecting several parts of Sindh, this alert focuses on Umerkot due to Community World Service Asia's operational presence, ongoing coordination with the District Administration/District Disaster Management Authority Umerkot, and observed needs from the current heatwave response.

Umerkot's district risk profile further justifies targeted action. The district is located in a hot and semi-arid climatic zone and is exposed to both heatwave and drought-related risks. The district plan also recognises heatwave as a forecastable hazard and highlights the need for warnings, public precautions, heatstroke awareness, water arrangements, heatstroke facilitation camps, mobile medical teams, and mobilisation of non-governmental organisations and volunteers⁴.

The situation is particularly concerning for people who cannot avoid outdoor movement or labour during peak heat hours, including pedestrians, daily wage labourers, agricultural workers, outdoor workers, street vendors, transport workers and low-income households.

The ongoing heatwave is expected to disproportionately affect vulnerable groups, including women, children, elderly persons, persons with disabilities, pregnant and lactating women, persons with chronic health conditions, daily wage labourers and low-income households. These groups face heightened risk because of prolonged exposure, limited access to safe drinking water, shaded public spaces, cooling facilities, timely information and health referral support.

Without timely support, the heatwave may lead to increased heat-related illness, avoidable health complications, disruption of outdoor livelihoods, worsening water stress, and additional pressure on local health services and district response systems.

3. Local and national capacity

Government systems are active through the Pakistan Meteorological Department, National Disaster Management Authority, Provincial Disaster Management Authority Sindh, and district authorities. Current efforts include forecasts and advisories, public safety messaging, preparedness guidance, and coordination with relevant line departments for heatwave response.

³ <https://www.ndma.gov.pk/storage/advisories/May2026/bh8o6yqVfwndIGDreIge.pdf>

⁴ <https://pdma.gos.pk/disaster-management-plans>

At the district level, the District Administration/District Disaster Management Authority Umerkot has requested Community World Service Asia’s support for basic heatwave response measures for heat exposed populations. In response, Community World Service Asia has initiated voluntary heatwave camps in coordination with district authorities, providing safe drinking water, oral rehydration salts, first aid support, shaded resting space and awareness messages.

Although government and district systems are active, the key gap remains the limited capacity to convert early warnings into timely, localised, last-mile support for the most exposed groups before impacts escalate. Existing community coping capacity is also limited, particularly for daily wage labourers, agricultural workers, pedestrians, low-income households, elderly persons, women, children and persons with disabilities who have limited ability to avoid exposure or access cooling, hydration and referral support.

Rapid Response Fund support will therefore complement district-led efforts by strengthening three heatwave facilitation centres at **District Headquarters Hospital Umerkot, Taluka Headquarters Hospital Pithoro, and Taluka Headquarters Hospital Samaro**, supporting hydration, oral rehydration salts, first aid, shaded resting space, awareness and referral linkages.

4. Key needs and gaps

Rural and remote areas, particularly in Sindh, face significant challenges due to inadequate infrastructure, limited access to healthcare facilities, and insufficient early warning systems and its dissemination at local level.

The current heatwave situation has generated urgent need for preventive and life-saving support for heat-exposed populations in Umerkot district. Immediate needs include safe and cold drinking water, oral rehydration salts, shaded resting spaces, basic first aid, heatstroke awareness, and timely referral support for severe heat-related cases.

The most vulnerable groups include outdoor workers, pedestrians, agricultural workers, women, children, elderly persons, persons with disabilities, pregnant and lactating women, and households already affected by water stress and climate-sensitive livelihood challenges. These groups require prioritised support to reduce the risk of dehydration, heat exhaustion, heatstroke and worsening health conditions during the ongoing heatwave period.

Please indicate whether you are considering:

	Indicate your intention with an X below
Rapid Response Fund (<i>intended for small and medium scale emergencies</i>)	X
Appeal (<i>intended for large scale emergencies</i>)	

If you indicate an intention to launch an appeal, the secretariat will activate an Emergency Steering Committee meeting within two working days on receipt of this alert.

5. Forum Capacity and members intention to respond

ACT Member	Geographical focus	Sectors of expertise and experience
Community World Service Asia	Umerkot, Sindh, Pakistan	Emergency response, Health, Education, WASH, Cash, Livelihood, MHPSS, Quality and Accountability, Shelter, Climate adaptation, Disaster Risk Reduction

6. Potential responses

CWSA is currently engaged in Umerkot and surrounding areas through livelihood, cash programming, health, education and disaster risk reduction initiatives. Its long-term field presence, established community networks, and working relationships with government departments, district authorities, community structures and local stakeholders provide a strong operational base for timely implementation of the proposed heatwave response.

Community World Service Asia, in collaboration with district authorities, proposes to establish and operate three heatwave facilitation centres in Umerkot district for a duration of two months. The centres will be established at:

1. District Headquarters Hospital Umerkot
2. Taluka Headquarters Hospital Pithoro
3. Taluka Headquarters Hospital Samaro

The proposed response plan includes:

- Establishing three heatwave response centres with basic first aid, cold drinking water, cooling beverages or electrolyte drinks, oral rehydration salts, and rest areas for affected or at-risk communities. These centres will be equipped with generators, pedestal fans, stretchers, necessary furniture, basic medical equipment and medicines.
- Awareness-raising campaigns will be carried out through community meetings, facilitation centre outreach, involvement of Village Management Committees and community elders, and distribution of Information, Education and Communication materials.

Through three heatwave facilitation centres operating across the two-month period, the response is estimated to reach approximately 54,000 people, including outdoor workers, daily wage labourers, pedestrians, women, children, elderly persons and persons with disabilities seeking hydration, first aid, cooling and referral support.

The proposed intervention will not operate as a parallel system but will complement district-led heatwave response efforts in coordination with the District Administration/District Disaster Management Authority Umerkot, District Health Department, hospital management and local stakeholders.

The projected response plan spans two months and requires approximately USD 40,000.