

Heat Wave Warnings for Nepal

 **Urgency:** Immediate  **Severity:** Extreme
 **Certainty:** Likely

Issued:
Tue 21 Apr 2026
02:08

Effective:
Tue 21 Apr 2026
03:56

Expires:
Fri 24 Apr 2026
03:56



Area:

Tarai regions of Lumbini, Sudurpashchim and Madhes, Tarai regions of Lumbini, Sudurpashchim and Madhes

Description:

High temperatures exceeding 40°C have been recorded in Tarai regions. Heat wave conditions are likely to persist for the next three days in Lumbini, Sudurpashchim and Madhes Provinces.

Instruction:

Avoid outdoor activities during peak heat hours. Stay hydrated, wear light clothing and remain in cool, ventilated areas. Take special care of children, elderly and vulnerable individuals.