

# ⚠️ Heat Wave Warnings for Nepal

**🕒 Urgency:** Immediate      **⚠️ Severity:** Extreme  
**🎯 Certainty:** Likely

**Issued:**  
Wed 22 Apr 2026  
00:21

**Effective:**  
Tue 21 Apr 2026  
03:56

**Expires:**  
Fri 24 Apr 2026  
03:56



**Area:**  
Mugu, Tarai regions of Lumbini, Sudurpashchim and Madhes, 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 Madhesh 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.