



REPUBLIC OF SOUTH SUDAN MINISTRY OF ENVIRONMENT & FORESTRY

Office of The Undersecretary of Environment

14th March, 2024

Extreme Heat Advisory

Juba and most parts of South Sudan is experiencing a heatwave. It is forecasted that this heatwave will last at least two weeks. Therefore, it is critical to take proper safety measures during this humid and hot period.

Excessive heat and humidity are becoming increasingly frequent due to climate change, high temperatures of 41 degrees Celsius and up to 45 degrees Celsius are expected this week.

High heat and humidity may cause heat stress during outdoor activity or extended exposure. Extreme heat can cause illness and death among the at-risk population who cannot stay cool, such as seniors, infants, and those with chronic health problems or mental health conditions.

Taking basic precautions will help you stay safe, avoid heat-related illnesses and feel more comfortable:

- Slow down and avoid strenuous activity.
- Check on those most at-risk several times a day (infants, young children and older adults).
- Never leave children or pets alone in a closed vehicle.
- Stay hydrated.
- Take cool showers or baths.
- Stay indoors as much as possible and avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Find an air-conditioned shelter if possible
- Have the phone number of your doctor or health facility readily available in case of an emergency.

If the high temperatures persist, schools and facilities without cooling systems are hereby advised to close until cooler temperatures return.

Joseph Africano Bartel
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