



**SOUTH SUDAN  
METEOROLOGICAL SERVICES**



# Heat Stress expected in Northern South Sudan on 19 March 2026



**Urgency:** Immediate



**Severity:** Extreme



**Certainty:** Likely

**Issued:**

Tue 10 Mar 2026  
14:58

**Effective:**

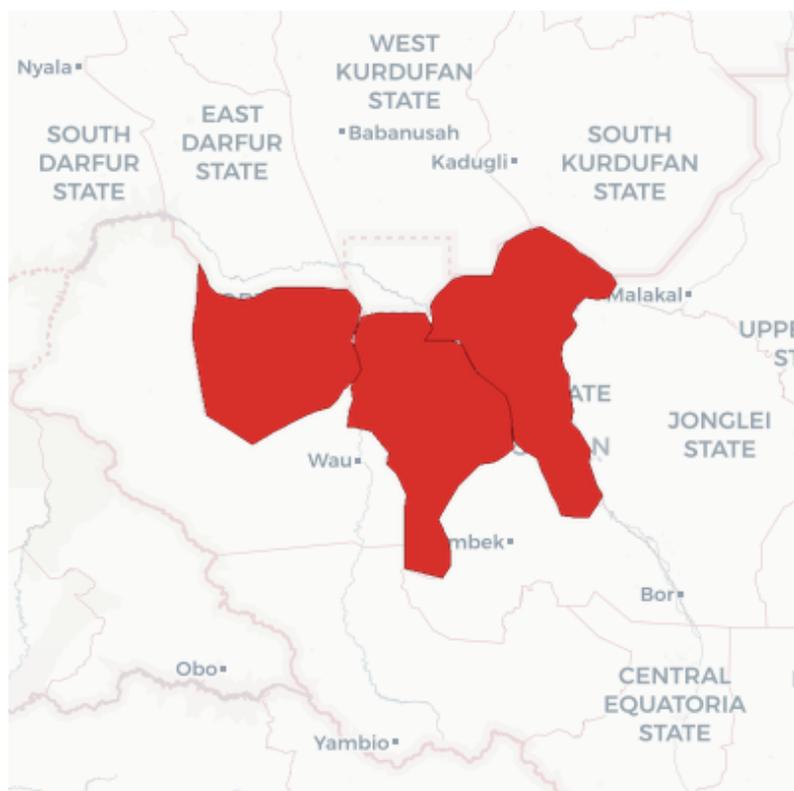
Tue 10 Mar 2026  
14:58

**Onset:**

Thu 19 Mar 2026  
13:00

**Expires:**

Thu 19 Mar 2026  
16:00



**Area:**

Unity, Warrap, Northern Bahr el Ghazal

**Description:**

The heat Stress index on 19 March 2026 is expected to be the most serious level of warning, and immediate action is necessary over Northern Bahar el Gazal State, Warrap State, Unity State, Northern Jonglei State, and Abyei Administration Area.

**Instruction:**

Reduced exposure is necessary, together with protective measures such as cooling systems and close monitoring of vulnerable groups such as children, the elderly, the physically challenged and expectant mothers. The average temperature is expected to be warmer; as such, you are advised to stay indoors or under trees during the daytime maximums and drink water frequently. Stay updated on meteorological services advisories, especially in regions expecting hotter and drier conditions. Monitor weekly forecast updates from meteorological services.