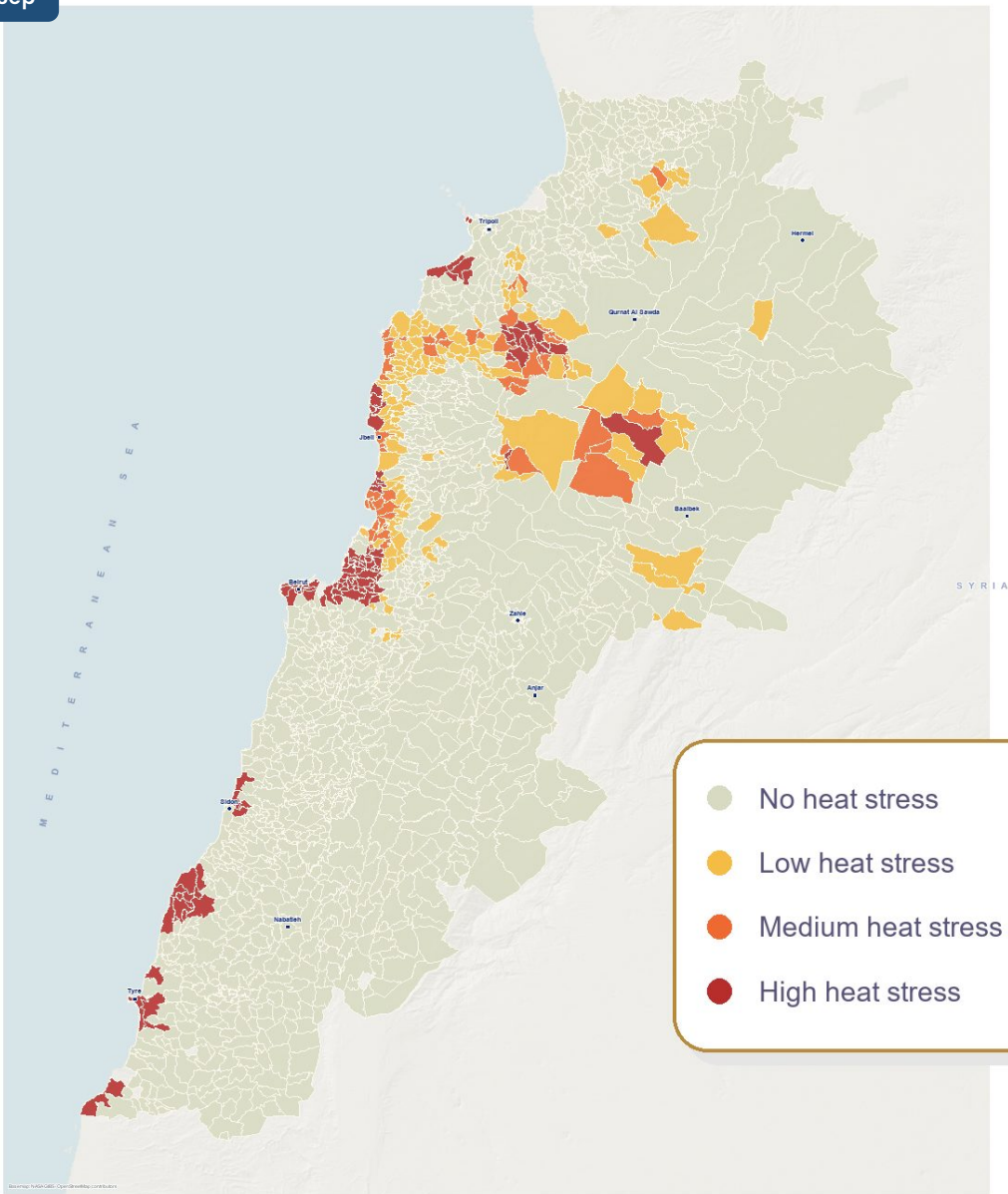


Heat Stress Potential – Next 24 hrs

Next 24 hours - Thu 3 Sep



ECMWF IFS 0.25° - downscaled 7.5 °C/km lapse-rate correction - threshold hi95_8 (ERA5-Land P95) - operative metric: Heat Index - 1,638 villages - basemap Esri, Maxar, Earthstar Geographics and OpenStreetMap contributors.

Heat Statement

Low heat stress is expected in parts of the central interior, the northern Bekaa and the northern interior over the next three days, with isolated villages in the central coastal strip, the southern coastal strip and the central interior reaching high heat stress on Day 1 (2026-09-04). Conditions intensify to high heat stress from Day 4 (2026-09-07) onward.

HAZARD CLASS		NUMBER OF VILLAGES
No heat stress Temperatures within the normal seasonal range.		1,236
Low heat stress About 1 °C above the seasonal norm; afternoon discomfort, with strain for infants, older adults and people working outdoors.		150
Medium heat stress About 2 °C above the seasonal norm; heat exhaustion possible with prolonged exposure or physical effort, and rising demand for water and cooling.		53
High heat stress About 4 °C or more above the seasonal norm, often with warm nights that prevent recovery; heat exhaustion likely and heat stroke possible.		110

Hotlines

125
Civil Defense



112
Internal Security Forces



1766
Ministry of Interior and
Municipalities



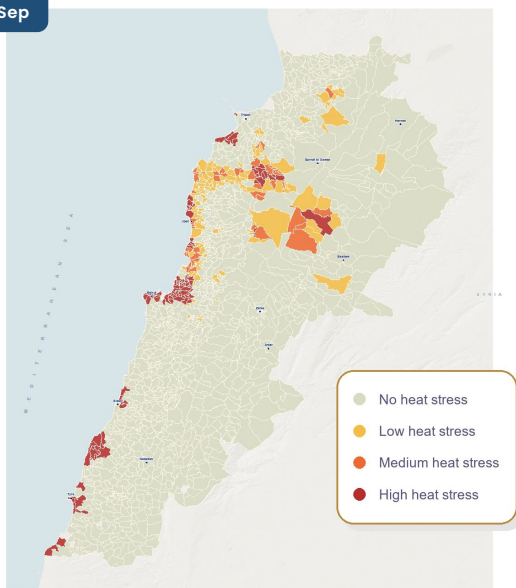
117
Army Command Operation



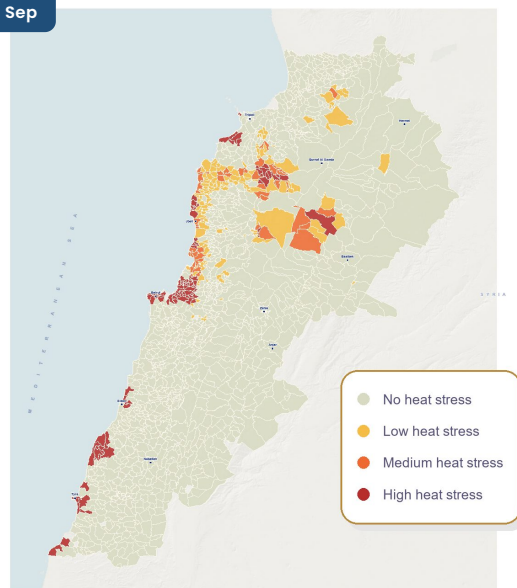
140
Lebanese Red Cross



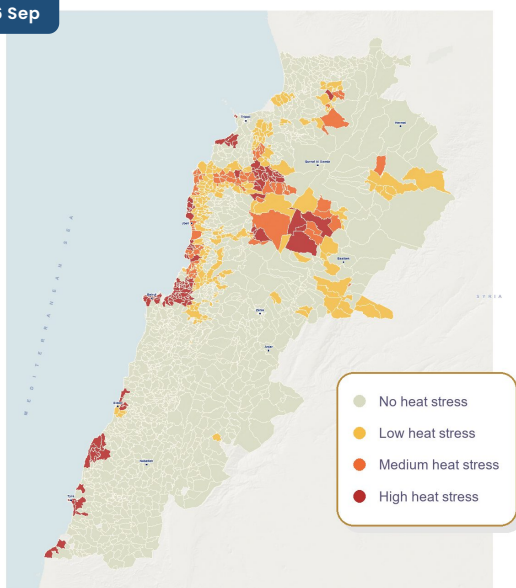
48 hrs · Fri 4 Sep



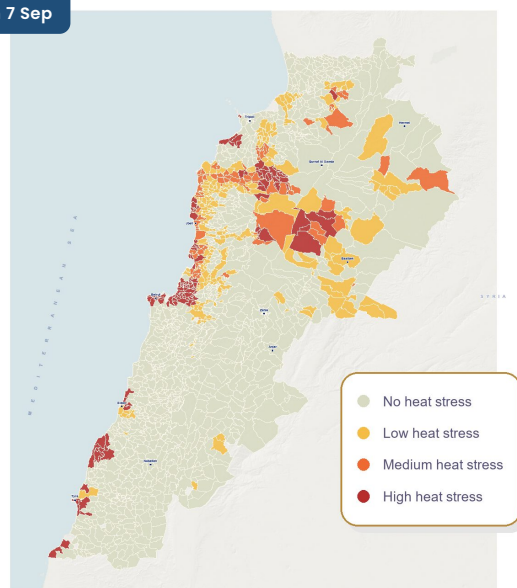
72 hrs · Sat 5 Sep



96 hrs · Sun 6 Sep



120 hrs · Mon 7 Sep



Early Actions

Start at **low heat stress**, scale up at medium, sustain through high. Most of these need 24–72 hours notice to be worth anything.

Households & communities

- Locate the nearest cooled public space and note the two neighbours most at risk.
- Store drinking water for 3 days — about 4 L per person per day.
- Shutter and curtain windows by day; ventilate after sunset.
- Check that fans, fridges and refrigerated medicines are covered during outages.
- Agree a daily check-in call for anyone living alone.

Municipalities & services

- Open and announce cooling points — municipal halls, schools and places of worship.
- Extend water trucking to areas on intermittent supply.
- Adjust generator schedules to hold the afternoon cooling load.
- Brief Civil Defense and Red Cross posts; pre-position water and ORS.
- Move or postpone outdoor public events between 11:00 and 16:00.

Workers, farms & schools

- Shift outdoor work to before 11:00 and after 16:00.
- Add a shaded rest break every hour, with water at the work site.
- Give new or returning workers lighter loads for their first week.
- Irrigate at night; shade livestock and increase trough capacity.
- Cancel outdoor school activities and sport; hold exams in cooled rooms.

Preparedness

No heat stress

Raise awareness of heat risk and monitor weather and heat forecasts.

Low heat stress

Monitor forecasts. Drink water regularly without waiting for thirst, stay in shade between 11:00 and 16:00, and check on neighbours who live alone.

Medium heat stress

Shift outdoor work and sport to early morning or evening and add rest breaks in shade. Keep homes shuttered by day and ventilated at night. Never leave children or animals in parked vehicles. Learn the signs of heat exhaustion: heavy sweating, weakness, dizziness and nausea.

High heat stress

Avoid outdoor exertion during peak hours. Move to a cooled space for at least a few hours a day. Check on vulnerable residents twice daily. Call 140 or 125 for hot dry skin, confusion, fainting or a body temperature above 39 °C; move the person to shade and cool them while waiting.

Disclaimer

This bulletin shows forecasted heat stress potential at village level. Actual on-site conditions may vary significantly with local exposure, shading, urban density and individual vulnerability. Use in conjunction with local observations and heat risk maps. Hazard classes are derived from the ECMWF IFS heat index downscaled to village elevation and compared against village-specific ERA5-Land P95 thresholds.