



## ⚠️ HEAT STRESS ALERT - LIBERIA

🕒 **Urgency:** Immediate

⚠️ **Severity:** Moderate

🔍 **Certainty:** Observed

**Issued:**

Tue 27 Jan 2026  
02:31

**Effective:**

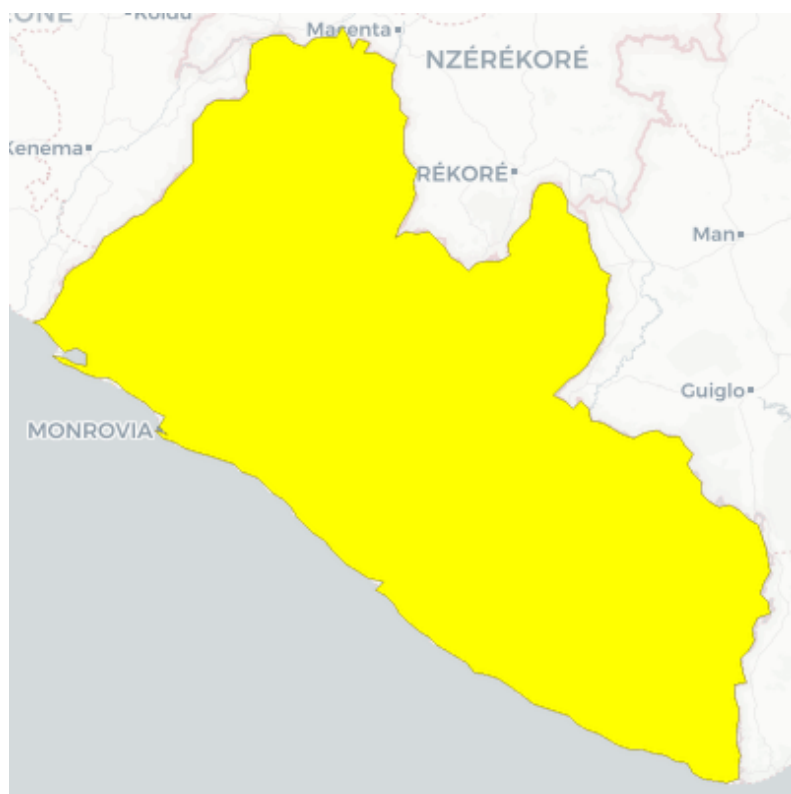
Mon 26 Jan 2026  
02:16

**Onset:**

Mon 26 Jan 2026  
02:16

**Expires:**

Tue 27 Jan 2026  
02:16



**Area:**

Liberia

**Description:**

High temperatures and humidity are expected (Zwedru, Harper, Fish-Town, Voinjama, Belleyallah, CapeMount, and Kabada-GVL) over the next two days. This may cause heat exhaustion or heat stroke, especially among children, the elderly, pregnant women, outdoor workers, and people with existing health conditions.

**Instruction:**

ADVISORY: • Drink water frequently (do not wait until thirsty) • Avoid outdoor activities between 11 AM and 4 PM • Wear light, loose, and breathable clothing • Stay in shaded

or well-ventilated areas • Check on vulnerable family members and neighbors • Seek medical help immediately if you feel dizzy, weak, confused, or faint Stay cool. Stay hydrated. Stay safe.