



⚠ HEAT STRESS ALERT - LIBERIA



Urgency: Immediate



Severity: Moderate



Certainty: Observed

Issued:

Tue 27 Jan 2026
02:31

Effective:

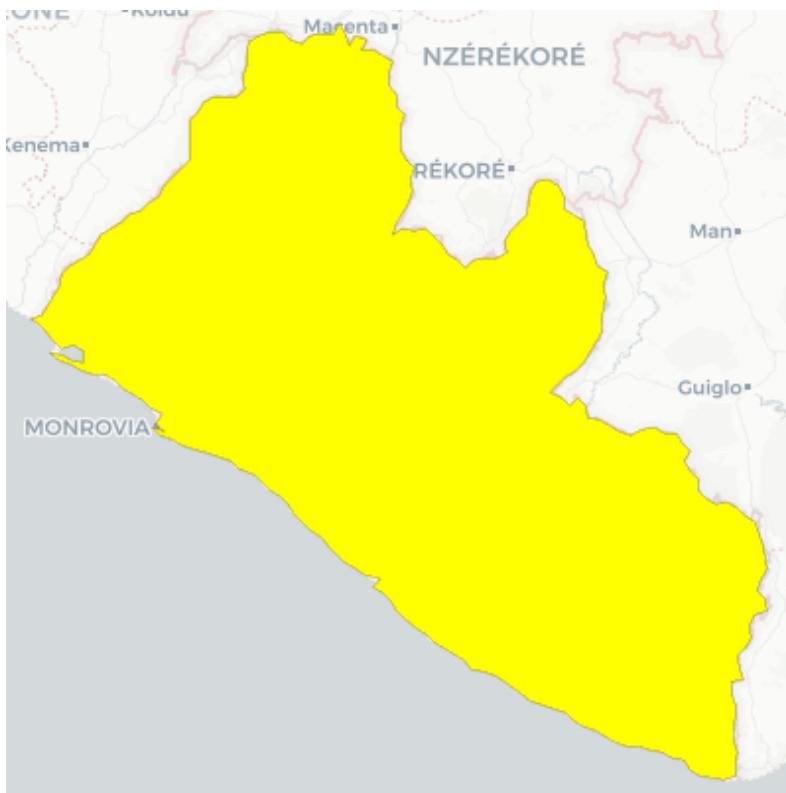
Mon 26 Jan 2026
02:16

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.