



NIGERIAN METEOROLOGICAL AGENCY

Central Forecast Office (CFO)

WEATHER OUTLOOK ISSUED ON 29.03.2025 AND

VALID 00:00 30.03.2025 TO 23:59 01.04.2025

FORECAST OUTLOOK:

Sunday 30th: Sunny atmosphere with few patches of clouds expected across the Northern region throughout the forecast period. Sunny to partly cloudy atmosphere is anticipated over the North Central region during the morning and afternoon/evening hours except parts of Kwara state where isolated thunderstorms are anticipated. Cloudy skies with intervals of sunshine are anticipated across the Southern region. Later in the day, isolated thunderstorms are expected over parts of Oyo, Ogun, Ondo, Osun, Edo, Rivers, Cross River, Bayelsa, Akwa Ibom, Delta and Lagos states.

Monday 31st: Sunny skies with few cloud' coverage are anticipated over the Northern region throughout the forecast period except Taraba state where isolated thunderstorm is expected in afternoon/evening period. Sunny skies with patches of clouds are expected across the North Central region in the morning. By the afternoon/evening period, localized thunderstorms are expected over the Federal Capital Territory, Nasarawa, Kogi and Benue States. In the Southern region, cloudy skies with spells of sunshine are anticipated with prospects of morning thunderstorms over parts of Lagos, Akwa Ibom, Cross River states. In the afternoon/evening hours, localized thunderstorms are likely over parts of Oyo, Osun, Ogun, Ekiti, Ondo, Edo, Lagos, Imo, Rivers and Delta states.

Tuesday 1st: Sunny atmosphere with few patches of clouds are expected across the Northern region in the morning with prospects of isolated thunderstorms over Taraba state in the afternoon/evening period. Sunny skies with patches of clouds are expected over the North Central region in the morning. Later in the day, isolated thunderstorms are anticipated over parts of the Federal Capital Territory, Plateau, Benue, Niger, Kwara and Kogi states. Across the South, cloudy skies with spells of sunshine are anticipated with more cloud coverage towards the Coastal cities during the morning hours. Later in the day, isolated

thunderstorms are expected over parts of Oyo, Osun, Ogun, Ondo, Ekiti, Edo, Enugu, Imo, Lagos, Cross River, Akwa Ibom, Delta, River, and Bayelsa states.

Advisory:

- i. Temperatures are high over most parts of the country, putting people at risk of heat stress; people should stay in well-ventilated and cool spaces.
- ii. Drink plenty water to stay hydrated.
- iii. Get vaccinated against meningitis, practice good hygiene by washing hands regularly, avoid overcrowding in small spaces, use a nose mask to reduce chances of infection and avoid close contact with those affected.
- iv. Avoid peak sun hours (12pm – 3pm) and protect yourselves from undue exposure to direct sunlight.
- v. Strong winds may precede the rains in areas where thunderstorms are likely to occur, public should take adequate precaution.
- vi. Airline operators are advised to get airport-specific weather reports (flight documentation) from NiMet for effective planning in their operations.
- vii. Residents are advised to stay informed through weather updates from NiMet. Visit our website www.nimet.gov.ng