

FORECAST OUTLOOK:

Friday 18th: Sunny skies are expected over the Northern region with chances of morning thunderstorms over parts of Taraba state. Later in the day, thunderstorms are expected over parts of Kaduna and Taraba states. In the North-central region, chances of early morning thunderstorms are expected over parts of Kogi, Kwara and the Federal Capital Territory. Later during the afternoon/evening hours, chances of thunderstorms are anticipated over parts of the Federal Capital Territory, Nasarawa, Plateau, Kwara and Kogi states. In the South, there are chances of morning thunderstorms over parts of Oyo, Cross River and Akwa Ibom states. Later in the day, thunderstorms are expected over parts of Imo, Abia, Ekiti, Osun, Ogun, Ondo, Edo, Delta, Lagos, Cross River, Akwa Ibom, Rivers and Bayelsa states.

Saturday 19th: Sunny skies are expected across the Northern region with chances of morning thunderstorms over parts of Taraba state. Later in the day, more thunderstorms are expected over Taraba state. Sunny skies with patches of clouds are anticipated over the North Central region with prospects of afternoon/evening thunderstorms over parts of Kwara, Kogi, Niger, Plateau, Benue, Nasarawa and the Federal Capital Territory. Cloudy skies with spells of sunshine are anticipated over the South with chances of morning thunderstorms over parts of Bayelsa, Rivers, Cross River and Akwa Ibom states. In the afternoon/evening hours, thunderstorms are expected over parts of Ogun, Osun, Oyo, Ondo, Abia, Imo, Anambra, Edo, Rivers, Cross River, Bayelsa, Akwa Ibom and Delta states.

Sunday 20th: Sunny skies with patches of clouds are expected across the Northern region with prospects of afternoon/evening thunderstorms over parts of Kaduna and Taraba states. Coudy skies with spells of sunshine are anticipated over the North Central region with prospects of afternoon/evening hours thunderstorms over parts of the Federal Capital Territory, Kogi, Kwara, Benue, Niger, Plateau and

Nasarawa states. Cloudy skies with spells of sunshine are anticipated over the South with chances of thunderstorms over parts of Rivers, Bayelsa, Cross River and Akwa Ibom states during the morning hours. Later in the day, isolated thunderstorms are expected over most parts of the region.

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 <u>www.nimet.gov.ng</u>