

Heat Index Monitoring and Early Warning System of DOST-PAGASA

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OUTLINE

01.

Heat index: How hot the weather feels like?

02.

Operational practice on Heat Index

ANO ANG HEAT INDEX?

Ang init na nararamdaman ng katawan ng tao (apparent temperature) ay hindi akmang nasusukat gamit lamang ang **temperatura ng hangin** (air temperature). Ito ay mas tamang naitataya kung isasama ang datos ng **alinsagan o halumigmig** (relative humidity).

Heat Index is what the temperature feels like to the human body when air temperature is combined with humidity



REEL FEEL



APPARENT
TEMPERATURE



INIT FACTOR



DAMANG INIT

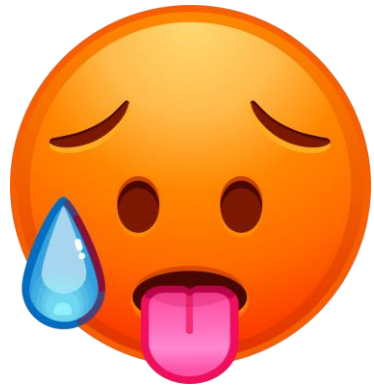
Mula Marso hanggang Hunyo, ang DOST-PAGASA ay nagbibigay ng Heat Index monitoring and forecast information na makikita online sa sumusunod na website:

pagasa.dost.gov.ph/weather/heat-index

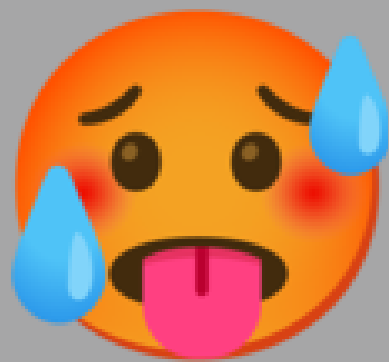
Effect-based classification



27–32°C
Caution



33–41°C
Extreme Caution



42–51°C
Danger



52°C and beyond
Extreme Danger

Effect on the body

Fatigue is possible with prolonged exposure and activity. Continuing activity could lead to heat cramps.

Heat cramps and heat exhaustion are possible. Continuing activity could lead to heat stroke.

Heat cramps and heat exhaustion are likely; heat stroke is probable with continued exposure.

Heat stroke is imminent.

WHO ARE MOST AT RISK?



children



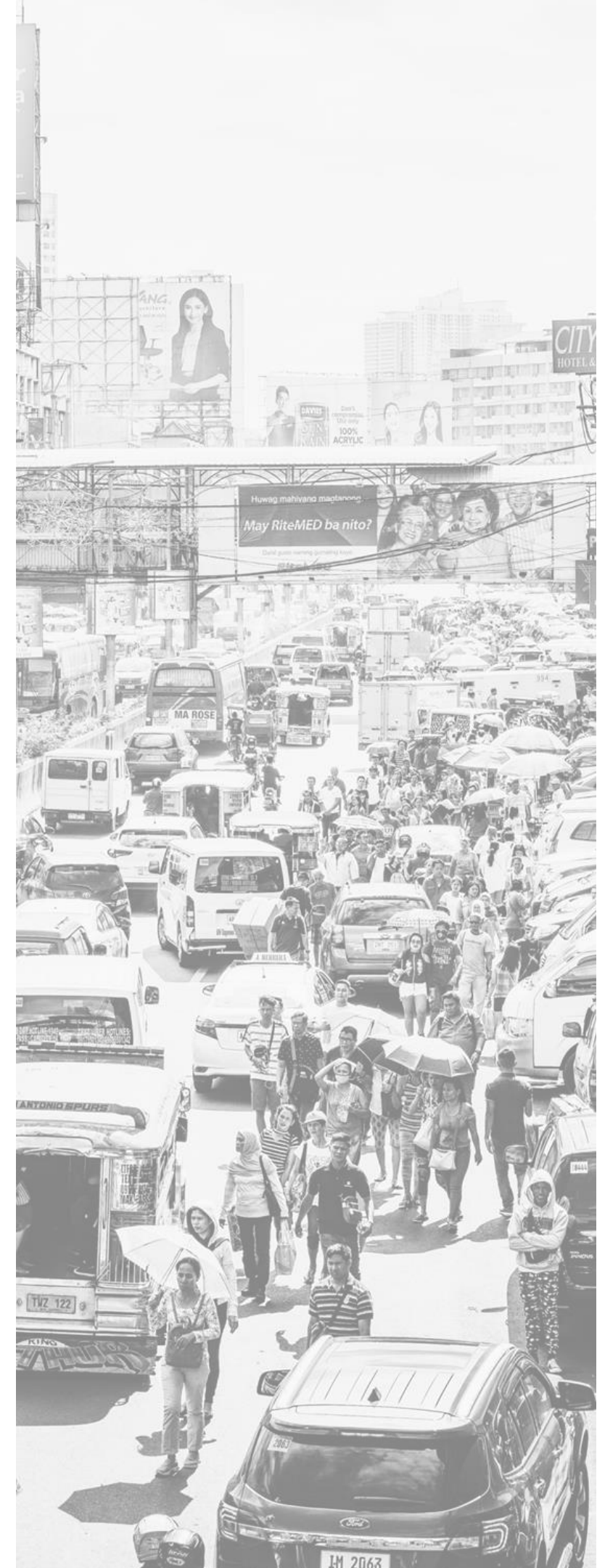
elderly



outside workers



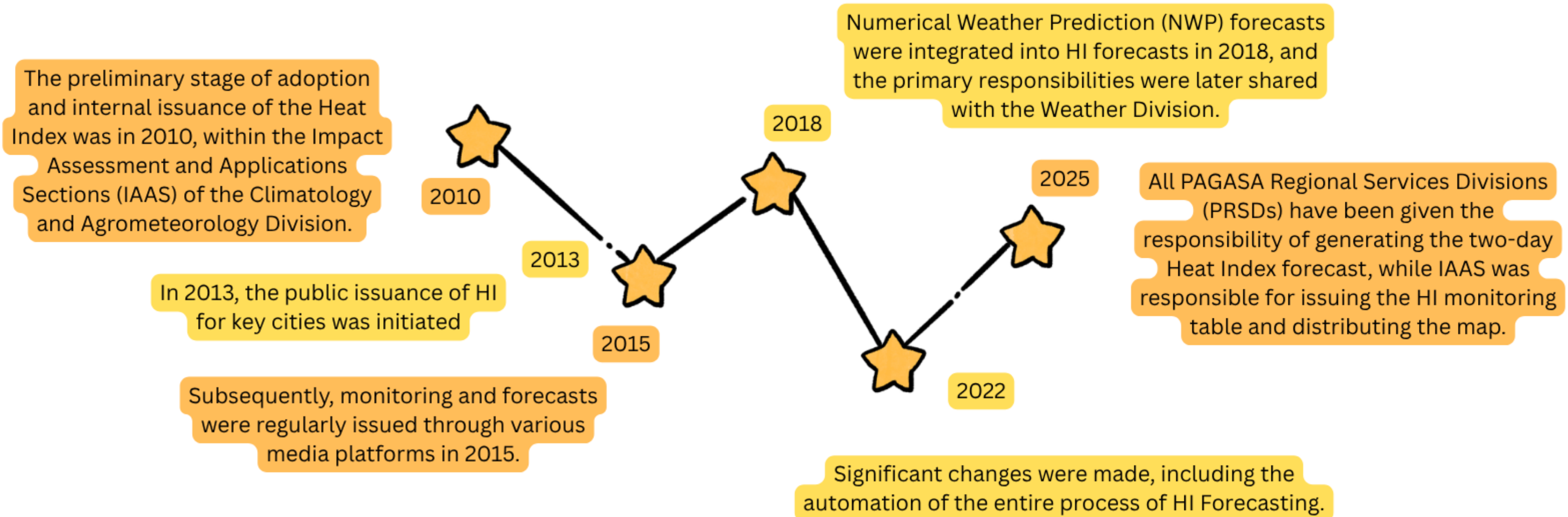
PWD



PAGASA HEAT INDEX

Utilizes the Heat Index to **monitor and forecast daily heat conditions** for the general public during the **warm season (around March to May)**

TIMELINE OF HEAT INDEX FORECAST



DOST-PAGASA Website Heat Index page

HIGHEST HEAT INDEX
5-day Computed and 2-day Forecast
As of 21 April 2026, 5:00pm

Region	Station	Computed 5-days Heat Index (2026)					Forecast	
		17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	1-day (22-Apr)	2-day (23-Apr)
National Capital Region	NAIA Pasay City, M. Manila	41	39	39	38	38	38	38
	Science Garden Quezon City, Metro Manila	37	38	37	37	38	37	38
	Smart Iloos Sur	34	33	34	34	39	39	39
Region I (Iloos Region)	Luzon City Iloos Norte	36	34	34	35	38	39	39
	Dagupan City, Pangasinan	35	37	36	39	40	40	40
	MMSU, Batac, Iloos Norte	36	34	34	34	37	38	38
	Biodonil, La Union	38	38	36	35	38	39	39
	Boyan, Balabac	33	32	35	35	35	35	34
Region II (Cagayan Valley)	Calayan, Cagayan	35	34	34	38	37	37	38
	Baloco (Radar), Balabac	32	32	33	35	31	33	33
	Aguni, Cagayan	37	35	36	39	42	42	41
Region III (Cagayan Valley)	Tuguegarao City, Cagayan	39	39	39	40	41	41	42
	NVSI Bayombong, Nueva Vizcaya	35	35	36	34	36	37	38
	BSI Estancia, Isabela	37	38	37	39	39	40	41
Cordillera Administrative Region	Baguio City, Benguet	25	25	25	23	24	24	24
	BSU La Trinidad, Benguet	24	22	24	23	24	24	24
	Benguet Radar, Tuba, Benguet	29	19	18	17	19	19	18
Region III (Central Luzon)	Baler (Radar), Aurora	38	40	38	42	38	39	40
	Casiguran, Aurora	38	39	38	37	38	38	39
	Ita, Zambales	39	39	37	37	39	39	38
	Clark Airport (DMIA), Pampanga	38	37	37	37	37	37	37
	CLSU Muñoz, Nueva Ecija	38	39	39	39	36	37	38
Region IV-A (CALABARZON)	Abnaya, Bulacan	34	34	34	34	34	34	35
	Cable Fr. Subic Bay Olongapo City	38	38	36	36	36	36	37
	San Isidro, Bulacan	41	39	41	40	38	38	39
	TAU Camiling, Tarlac	40	38	39	39	40	40	39
	Hacienda Luning, Tarlac City	37	39	36	38	36	36	37
Region IV-A (CALABARZON)	Tayabas City, Quezon	36	36	37	35	35	35	35
	Sangley Point, Cavite City, Cavite	41	41	44	43	39	39	40
	Ambulong, Tanauan Batangas	38	39	39	38	38	38	39
	Tanay, Rizal	31	31	31	31	30	30	31
	Infanta, Quezon	36	37	37	37	39	38	37
Region IV-B (MIMAROPA)	Alabat, Quezon	37	38	36	37	38	37	37
	Mulanay, Quezon	35	34	35	35	36	35	35
	CvSU Indang, Cavite	36	36	36	36	34	34	35
	NAS-IPCB, Los Baños, Laguna	37	38	37	37	38	37	38
	Calapan, Oriental Mindoro	37	37	36	37	36	36	40
Region V (National Center)	Coron, Palawan	40	41	39	38	39	40	40
	San Jose, Davao Oriental	35	35	35	35	35	35	35

<https://pagasa.dost.gov.ph/weather/heat-index>

DOST-PAGASA Facebook official page

DOST-PAGASA
Always open
PAGASA Science Garden Complex, Sen. Miriam Defensor-Santiago Avenue, Brgy. Central, Diliman, Quezon City, Philippines, 1100

Links
dost.gov.ph

Contact info
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DOST-PAGASA

Photos
See all photos

Post:
Highest Computed 5-day Heat Index with 2-day Forecast Issued as of 5:00 PM, 21 April 2026
For more information about the heat index: <https://www.pagasa.dost.gov.ph/weather/heat-index>
Information from the DOH Philippines about heat-related illnesses during extremely hot weather: <https://bit.ly/DOHPhPublicHealthAdvisory>
Don't forget to take necessary precautions and stay cool and hydrated everyone! 🌞💧
#HeatIndex #AngInit

Administrative Region	Region I (Iloos Region)	Region II (Cagayan Valley)	Region III (Central Luzon)	Region IV-A (CALABARZON)	Region IV-B (MIMAROPA)
Region I (Iloos Region)	38	39	39	39	39
Region II (Cagayan Valley)	39	40	40	40	40
Region III (Central Luzon)	40	41	41	41	41
Region IV-A (CALABARZON)	41	42	42	42	42
Region IV-B (MIMAROPA)	42	43	43	43	43

<https://www.facebook.com/PAGASA.DOST.GOV.PH>

TOP 3 HIGHEST HEAT INDEX

ISSUED AT 5:00 PM, 21 APRIL 2026

2026

APARRI
CAGAYAN

42° C

SAN JOSE
OCCIDENTAL MINDORO

42° C

TUGUEGARAO CITY
CAGAYAN

41° C

PUERTO PRINCESA CITY
PALAWAN

41° C

BORONGAN
EASTERN SAMAR

41° C

ZAMBOANGA CITY
ZAMBOANGA DEL SUR

41° C



TOP 3 HIGHEST HEAT INDEX

FROM MARCH 1 - APRIL 21

2026

VIRAC

CATANDUANES

47° C

Recorded on: 03/31 & 04/01

DUMANGAS

ILOILO

46° C

Recorded on: 04/04

COTABATO CITY

MAGUINDANAO

46° C

Recorded on: 04/13

CORON

PALAWAN

44° C

Recorded on: 03/01

CATARMAN

NORTHERN SAMAR

44° C

Recorded on: 03/28 & 04/08

SANGLEY PT.

CAVITE CITY, CAVITE

44° C

Recorded on: 04/19



TOP 5 HIGHEST HEAT INDEX 2025

MARCH-APRIL-MAY SEASON

IBA
ZAMBALES

50° C
Recorded on: 04/01

DAGUPAN CITY
PANGASINAN

48° C
Recorded on: 04/04

SAN ILDEFONSO
BULACAN

48° C
Recorded on: 04/15 & 04/21

VIRAC
CATANDUANES

48° C
Recorded on: 04/26

APARRI
CAGAYAN

47° C
Recorded on: 05/19



TOP 5 HIGHEST HEAT INDEX 2010-2025

MARCH-APRIL-MAY SEASON

SAN JOSE

OCCIDENTAL MINDORO

57° C

Recorded on: 04/20/2020

INFANTA

QUEZON

56° C

Recorded on: 05/18/2019

DAGUPAN CITY

PANGASINAN

55° C

Recorded on: 05/09/2016

GUIUAN

EASTERN SAMAR

55° C

Recorded on: 05/26/2024

BUTUAN CITY

AGUSAN DEL NORTE

54° C

Recorded on: 05/25/2020



gaano ba kainit ang PANAHON?

Ang init na nararamdaman ng katawan ng tao (apparent temperature) ay hindi akma nang nasusukat gamit lamang ang temperatura ng hangin (air temperature). Ito ay mas tamang naitataya kung isasama ang datos ng alinsangan o halumigmig (relative humidity). Ang impormasyon na ito ay tinatawag na Heat Index (damang init) at ito ay matutukoy gamit ang Heat Index Chart na nasa kanan.

Mula Marso hanggang Hunyo, ang DOST-PAGASA ay nagbibigay ng **Heat Index monitoring and forecast information** na makikita online sa sumusunod na website:

<https://bagong.pagasa.dost.gov.ph/weather/heat-index>

TEMPERATURE (°C)	0	10	20	30	40	50	60	70	80	90	100
50	42	46	50	54	58	62	66	70	74	78	82
49	41	45	49	53	57	61	65	69	73	77	81
48	40	44	48	52	56	60	64	68	72	76	80
47	39	43	47	51	55	59	63	67	71	75	79
46	38	42	46	50	54	58	62	66	70	74	78
45	37	41	45	49	53	57	61	65	69	73	77
44	36	40	44	48	52	56	60	64	68	72	76
43	35	39	43	47	51	55	59	63	67	71	75
42	34	38	42	46	50	54	58	62	66	70	74
41	33	37	41	45	49	53	57	61	65	69	73
40	32	36	40	44	48	52	56	60	64	68	72
39	31	35	39	43	47	51	55	59	63	67	71
38	30	34	38	42	46	50	54	58	62	66	70
37	29	33	37	41	45	49	53	57	61	65	69
36	28	32	36	40	44	48	52	56	60	64	68
35	27	31	35	39	43	47	51	55	59	63	67
34	26	30	34	38	42	46	50	54	58	62	66
33	25	29	33	37	41	45	49	53	57	61	65
32	24	28	32	36	40	44	48	52	56	60	64
31	23	27	31	35	39	43	47	51	55	59	63
30	22	26	30	34	38	42	46	50	54	58	62
29	21	25	29	33	37	41	45	49	53	57	61
28	20	24	28	32	36	40	44	48	52	56	60
27	19	23	27	31	35	39	43	47	51	55	59
26	18	22	26	30	34	38	42	46	50	54	58
25	17	21	25	29	33	37	41	45	49	53	57
24	16	20	24	28	32	36	40	44	48	52	56
23	15	19	23	27	31	35	39	43	47	51	55
22	14	18	22	26	30	34	38	42	46	50	54
21	13	17	21	25	29	33	37	41	45	49	53
20	12	16	20	24	28	32	36	40	44	48	52

HEAT INDEX CHART

Extreme Danger (52 °C)

Posible ang heat stroke.

Danger (42-51 °C)

Maaaring maranasan ang heat cramps at heat exhaustion; ang patuloy na pagkakababad sa init ay maaaring mauwi sa heat stroke.

Extreme Caution (33-41 °C)

Maaaring maranasan ang heat cramps at heat exhaustion. Ang patuloy na aktibidad sa init ay maaaring humantong sa heat stroke.


Caution (27-32 °C)

Maaaring makaranas ng pagkapagod (fatigue) dahil sa matagal na pagkababad at pisikal na aktibidad. Ang patuloy na aktibidad sa init ay maaaring magdulot ng heat cramps.







Note: Heat index values adapted from Steadman, 1979; classification threshold adapted from National Weather Service, National Oceanic and Atmospheric Administration (NWS/NOAA).

MAHALAGANG IMPORMASYON SA KALIGTASAN TUNGKOL SA MGA SAKIT NA DULOT NG INIT*






SANTI

- Matagal na pagkababad sa mataas na temperatura 
- Matinding pisikal na aktibidad sa mainit na panahon 
- Edad (Matatanda at Sanggol) 
- Mataas na halumigmig (Humidity) 
- Obesity 
- Matagal o labis na pag-inom ng alak 





SINTOMAS

- Matinding pagpapawis 
- Matinding pagkapagod o panghihina 
- Pagkahilo o pagiging mapanlambot 
- Pagkawala ng malay o pagkahilo kapag tumayo 
- Mahina pero mabilis na pulso 
- Pakiramdam ng pagduduwal 

PAG-IWAS

- Limitahan ang oras sa Labas 
- Uminom ng maraming tubig 
- Iwasan ang Tsaa, Kape, Soft Drinks, at Alak 
- Gumamit ng payong, sombrero, at Damit na may manggas 
- Isagawa ang mabibigat na gawain sa malamig na oras ng araw. 

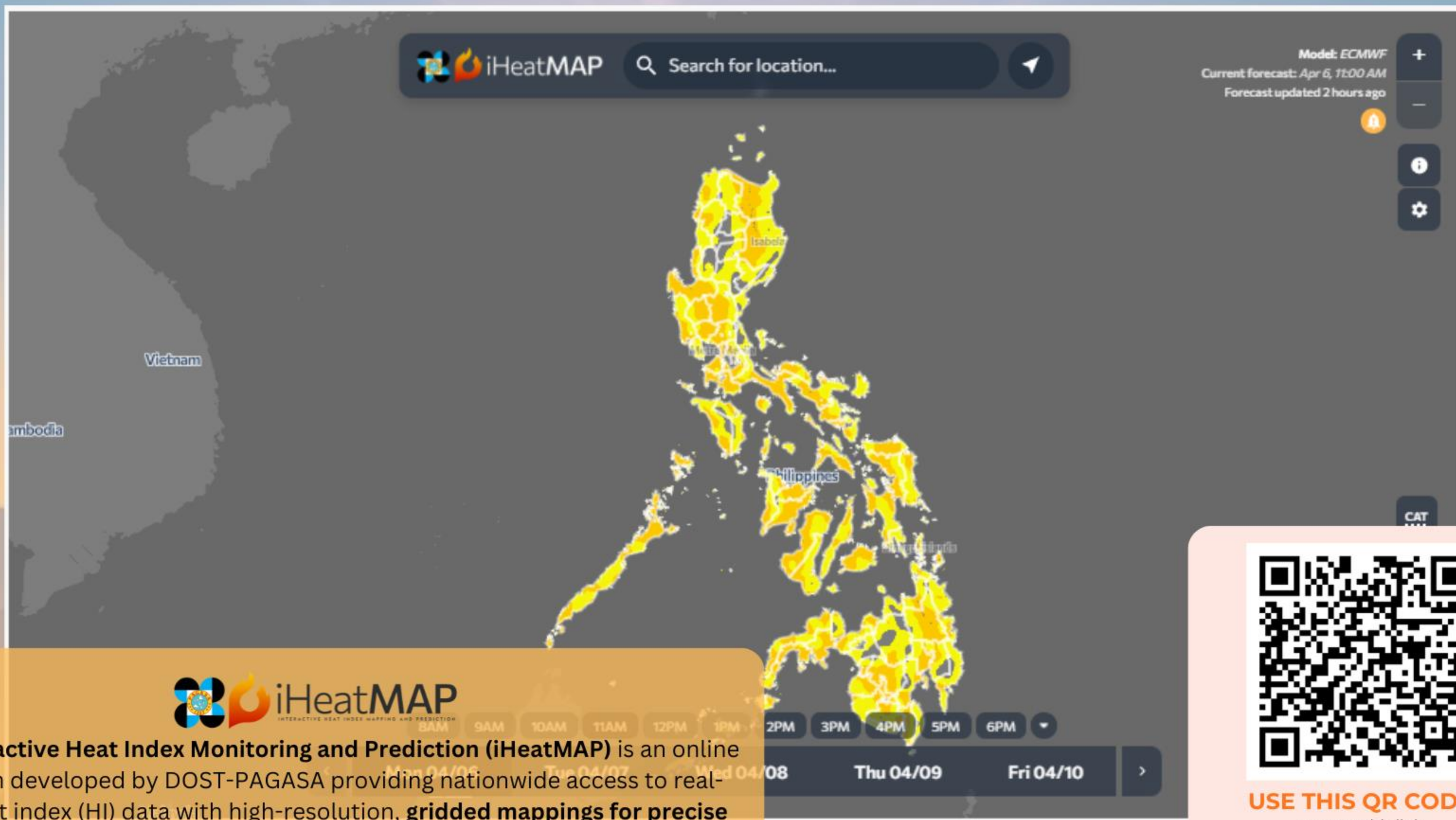
PANGUNANG-LUNAS

- Ilipat sa lilim, ihiga na nakataas ang paa, at painumin ng malamig na tubig kung may malay. 
- Alisin ang sobrang kasuotan, basain ang balat, at bigyan ng bentilasyon. 
- Maglagay ng yelo sa kilikili, pulso, bukung-bukong, at singit. 
- Dalhin agad sa ospital. 



Scan to know the latest update about the heat index.

Sources: * 1) Health Advisory on Heat Strokes. Department of Health; 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC681873/>; Steadman, R. G. (1979). The Assessment of Sultriness. Part I: A Temperature-Humidity Index Based on Human Physiology and Clothing Science. Journal of Applied Meteorology and Climatology, 18(7), 861-873. Retrieved Mar 2, 2022, from https://journals.ametsoc.org/view/journals/apme/18/7/1520-0450_1979_018_0861_aospl_2_0_co_2.xml



The **Interactive Heat Index Monitoring and Prediction (iHeatMAP)** is an online platform developed by DOST-PAGASA providing nationwide access to real-time heat index (HI) data with high-resolution, **gridded mappings for precise monitoring of heat stress across the Philippines.**



USE THIS QR CODE

or go to this link

pagasa.dost.gov.ph/weather/heat-index

A scenic background image of a sunset over a mountain range. The sun is low on the horizon, creating a warm, golden glow that fills the sky and illuminates the silhouettes of the mountains and trees in the foreground. The sky transitions from a deep orange near the horizon to a pale blue at the top.

THANK YOU!

www.pagasa.dost.gov.ph

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