



Republic of the Philippines
Department of Science and Technology
PHILIPPINE ATMOSPHERIC, GEOPHYSICAL AND ASTRONOMICAL SERVICES ADMINISTRATION (PAGASA)
Visayas PAGASA Regional Services Division (VPRSD)

HEAT INDEX FORECAST FOR LAMBUNAO, ILOILO CITY

ISSUED AT: 5:00 AM 21 May 2026

Valid beginning: 5:00 AM today until 5:00 AM tomorrow

SYNOPSIS: Easterlies affecting Luzon and Visayas.

DATE	WEATHER CONDITION	MAXIMUM TEMPERATURE	RELATIVE HUMIDITY	HEAT INDEX
21 May 2026 (Thursday)	Partly cloudy skies with moderate to high chance of rainshowers or thunderstorm in the afternoon and/or evening.	35°C	50 - 80 %	37 - 43°C Extreme Caution to Danger
22 May 2026 (Friday)	Partly cloudy skies with moderate chance of rainshowers or thunderstorm in the afternoon and/or evening.	34°C	50 - 80 %	37 - 42°C Extreme Caution to Danger
23 May 2026 (Saturday)	Partly cloudy skies with low chance of rainshowers or thunderstorm in the afternoon and/or evening.	34°C	50 - 80 %	37 - 42°C Extreme Caution to Danger
24 May 2026 (Sunday)	Partly cloudy skies with low chance of rainshowers or thunderstorm in the afternoon and/or evening.	33°C	50 - 80 %	37 - 41°C Extreme Caution
25 May 2026 (Monday)	Partly cloudy skies with low chance of rainshowers or thunderstorm in the afternoon and/or evening.	33°C	50 - 80 %	37 - 41°C Extreme Caution

Peak maximum temperature and heat index typically occur between 9:00 AM and 4:00 PM.

Heat index values within the Extreme Caution to Danger categories may lead to heat cramps and heat exhaustion.

Prolonged activities during these hours, especially under direct sunlight, may result in heat stroke.

FORECASTER: EJT

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