Heat Outlook for October 2025 to March 2026

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Episodes of excessive heat expected through October in the Southern Caribbean and through mid-November in the Guianas

Participating countries and territories

Antigua & Barbuda, Aruba, Bahamas, Barbados, Belize, Cayman Islands, Cuba, Curaçao, Dominica, Dominican Republic, French Guiana, Grenada, Guadeloupe, Guyana, Haïti, Jamaica, Martinique, Puerto Rico, St. Barth's, St. Kitts & Nevis, St. Lucia, St. Maarten/St. Martin, St. Vincent & the Grenadines, Suriname, Trinidad & Tobago and the US Virgin Islands

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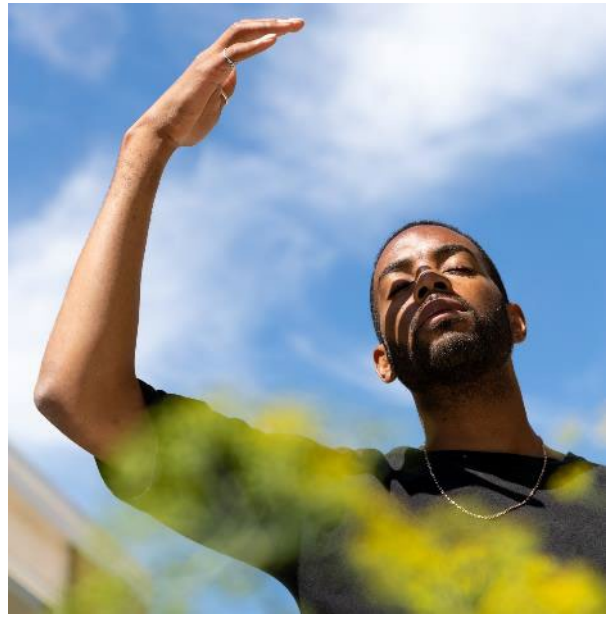
Health: Frequency of heat-related symptoms finally decreasing after October

Public health:

- *significant* increase in mild heat symptoms
- *likely* increase in heat illnesses, fainting episodes, hospitalisations, health services
- *likely* increase in biological risk (e.g. Aedes mosquito borne diseases, gastrointestinal disease) , especially where combined with rainfall extremes
- *exacerbation* of vulnerability in patients with chronic illness, children, pregnant women and the elderly

Occupational health:

- *potential* increase in exhaustion during intense outdoor activity
- *significantly* reduced labour performance and productivity if unprotected



Well-being:

- *significantly* increased sweating and water consumption
- snacking/binge eating leading to acute negative health impacts (hypertension, diabetes) and weight gain
- *increased* fatigue, irritability and aggression during prolonged heatwaves

Agriculture: Guianas & Southern Caribbean: recurrent heat impacts through October

Livestock:

- *increased* cooling and ventilation need to mitigate heat stress in small and large livestock
- *potentially* stunted growth rate/dieback of chickens in broilers and egg production of layers
- *likely* reduced dairy production

Crop agriculture:

- *exacerbation* of any evolving drought increasing crop wilting
- *significantly* reduced productivity between 10 AM and 3 PM

Fisheries:

- *increased* water temperatures potentially reducing catch of reef fish, die-off and migration of pelagic fish
- potential for coral reef bleaching through December

Forestry:

- *exacerbation* of any evolving drought conditions
- increased wildfire potential where fuel stock is dry

Tourism – Energy – Water: Guianas & Southern Caribbean: recurrent heat impacts through October

Tourism:

- ***Heat adaptation*** – *significantly* increased demand for AC and refrigeration and associated costs in hotels
- ***Diving operations*** – *significant* potential coral reef bleaching, resulting in long-term reduction in demand

Energy:

- ***Production*** – reduced efficiency of power generation; potential increase in interruptions as a result of spikes in cooling demand
- ***Demand and consumption*** – *significantly* increased cooling need in households, hotels, restaurants

Water:

- ***Quantity and quality*** – recharge of water reservoirs along the wet season slowed down due to increased evapotranspiration; *potential* increase in algal blooms
- ***Consumption*** – *likely* increase in households, hotels and power utilities

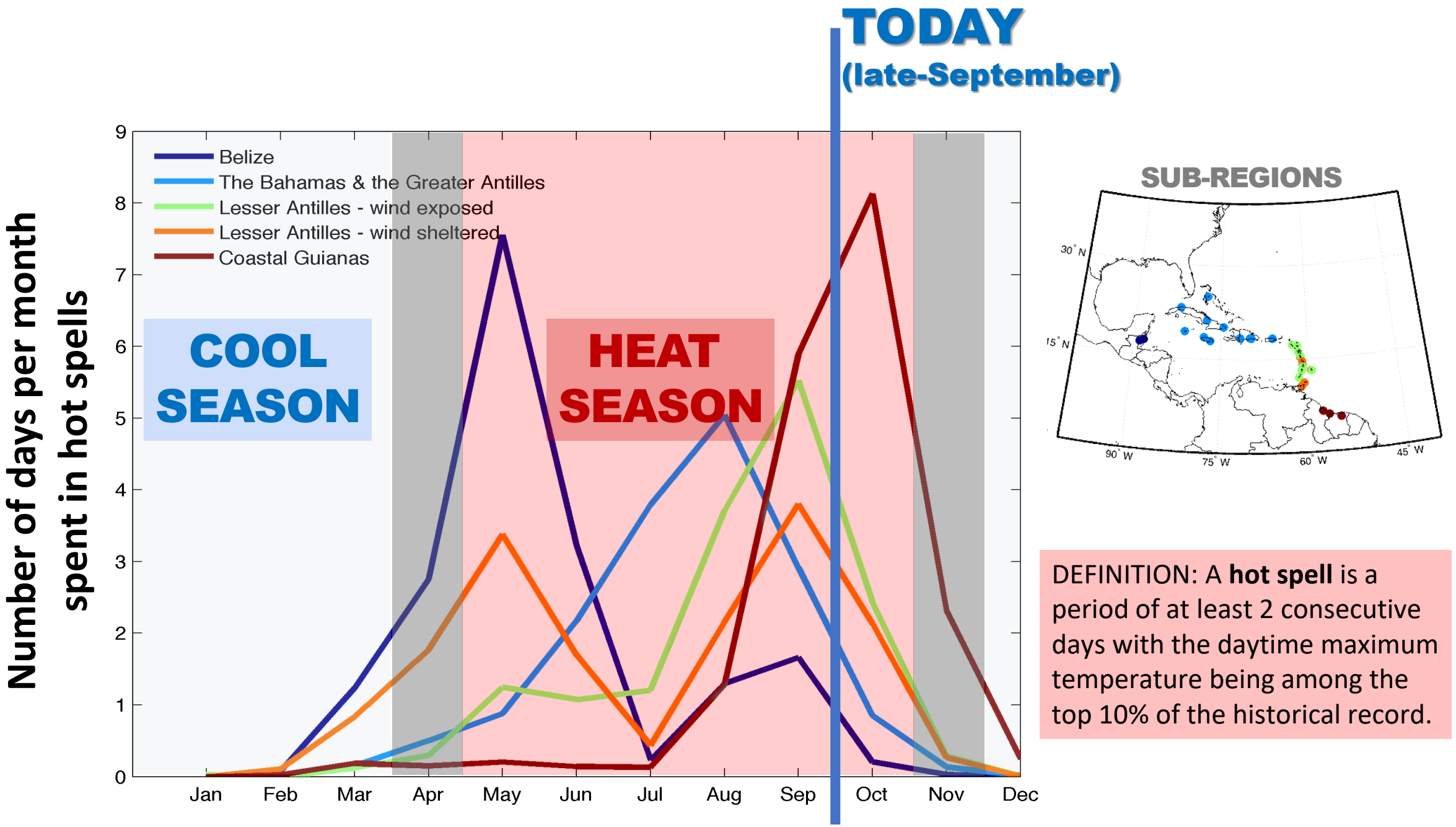
DRM – Child Care & Education: Guianas & Southern Caribbean: recurrent heat impacts through October

DRM:

- ***Risk:*** *potentially* increased mortality and increased need for cooling strategies immediately post disaster (e.g. intense heat after passage of tropical cyclone); increased wildfire potential (wherever fuel stock is dry)
- ***Operations:*** *likely* reduced productivity of warehouse staff if unprotected

Child care and education:

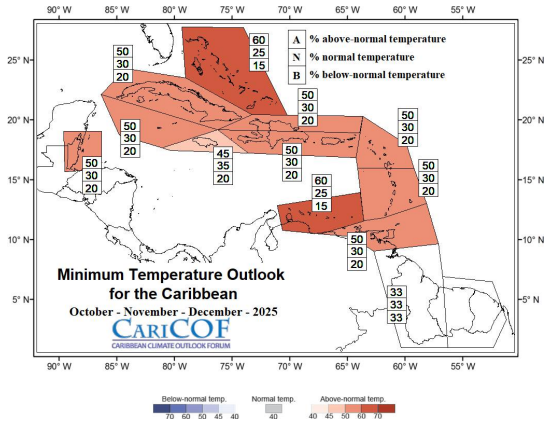
- ***Learning:*** *significantly* reduced productivity and reduced learning ability of students during the summer semester and during the first two months of the 2025-2026 school year
- ***Child Protection:*** *potential* increase in aggression during prolonged heatwaves

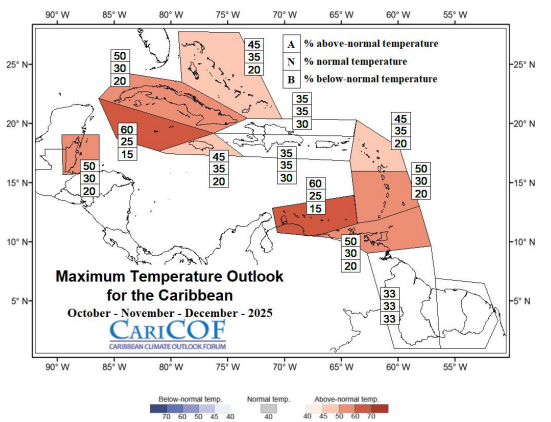

TODAY
(late-September)
Number of days per month spent in hot spells
Belize
The Bahamas & the Greater Antilles
Lesser Antilles - wind exposed
Lesser Antilles - wind sheltered
Coastal Guianas
COOL SEASON
HEAT SEASON
0
1
2
3
4
5
6
7
8
9
Jan
Feb
Mar
Apr
May
Jun
Jul
Aug
Sep
Oct
Nov
Dec
SUB-REGIONS
30° N
15° N
90° W
75° W
60° W
45° W
DEFINITION: A **hot spell** is a period of at least 2 consecutive days with the daytime maximum temperature being among the top 10% of the historical record.

Overall, how hot will the next three to six months be?

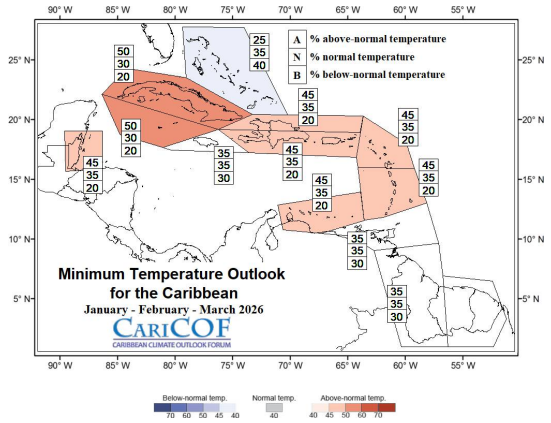
Night-time | **Daytime**

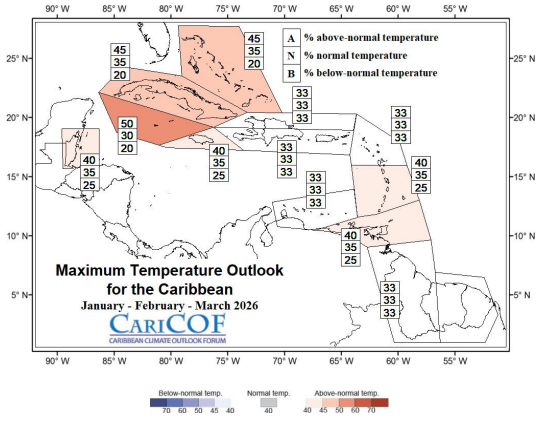
Oct-Nov-Dec 2025





Jan-Feb-Mar 2026





Milder — **Usual** — **Hotter**

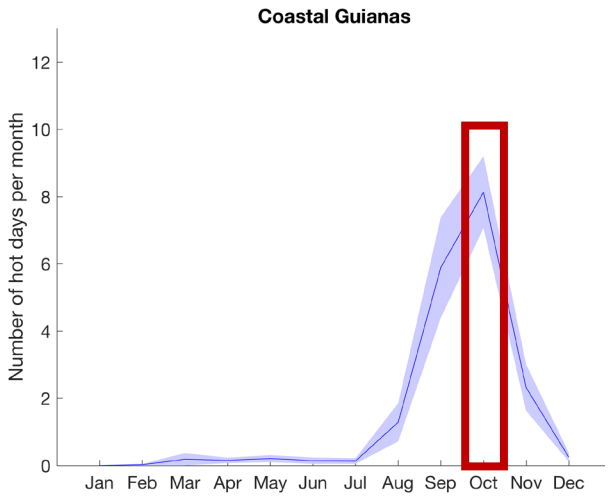
FORECAST

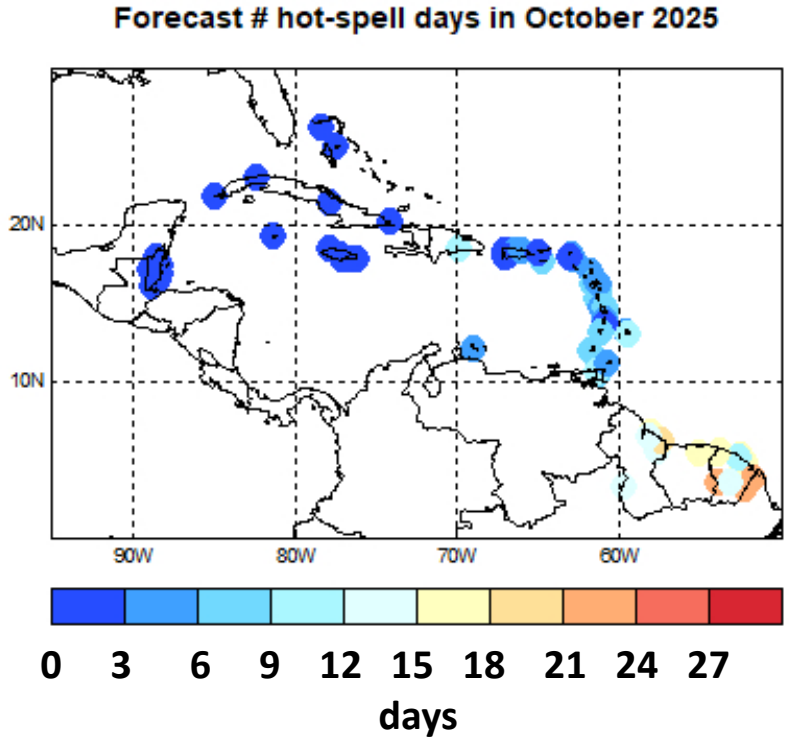
1. October (*tail end of the Heat Season*) to December (*start of the Cool Season*) in the Caribbean (incl. Guianas) is forecast to remain considerably hotter than usual, particularly during dry spells.
2. Intense night-time and daytime humid heat through October.
3. Episodes of excessive heat should be rare from December to March even if temperature ends up warmer than usual.

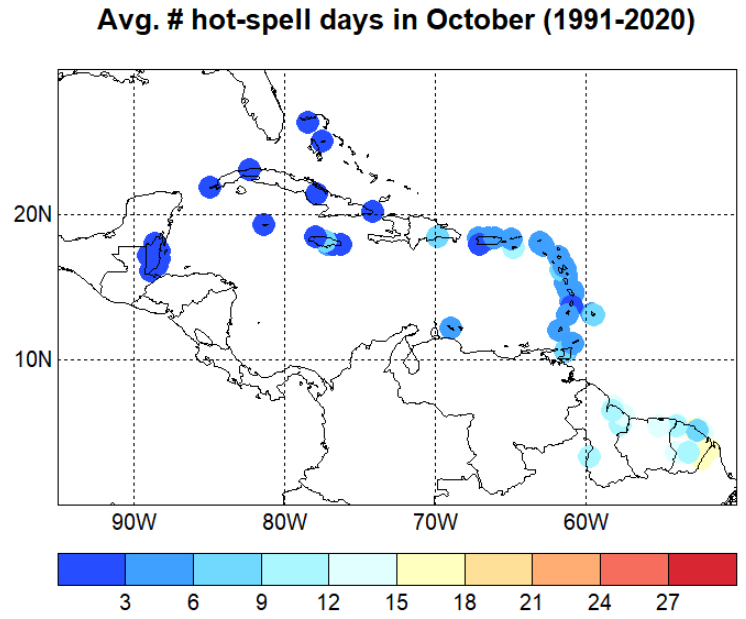
IMPLICATIONS

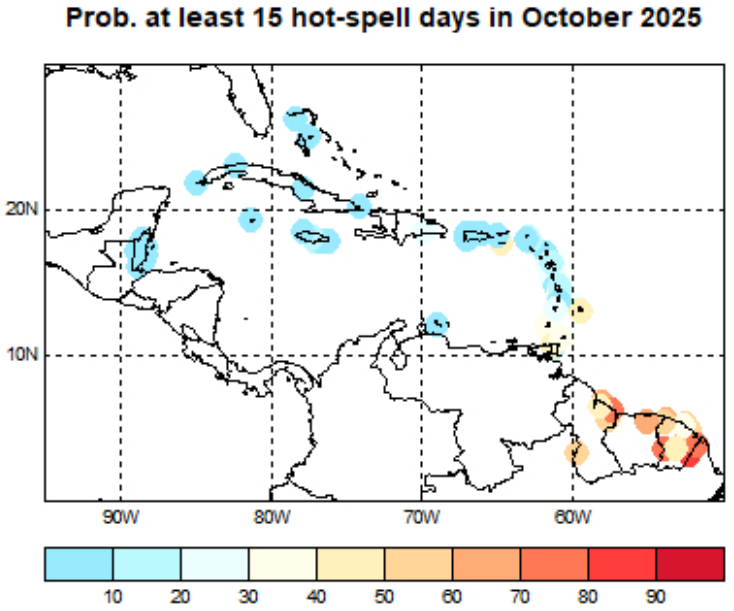
- Recurrent, *possibly* intense episodes of heat stress in the vulnerable population & small livestock because of high temperature and humidity.
- Cooling need may still reach record levels for October, particularly during dry spells.

How many days spent in hot spells during **October 2025** (peak of the heat season in the Guianas)?







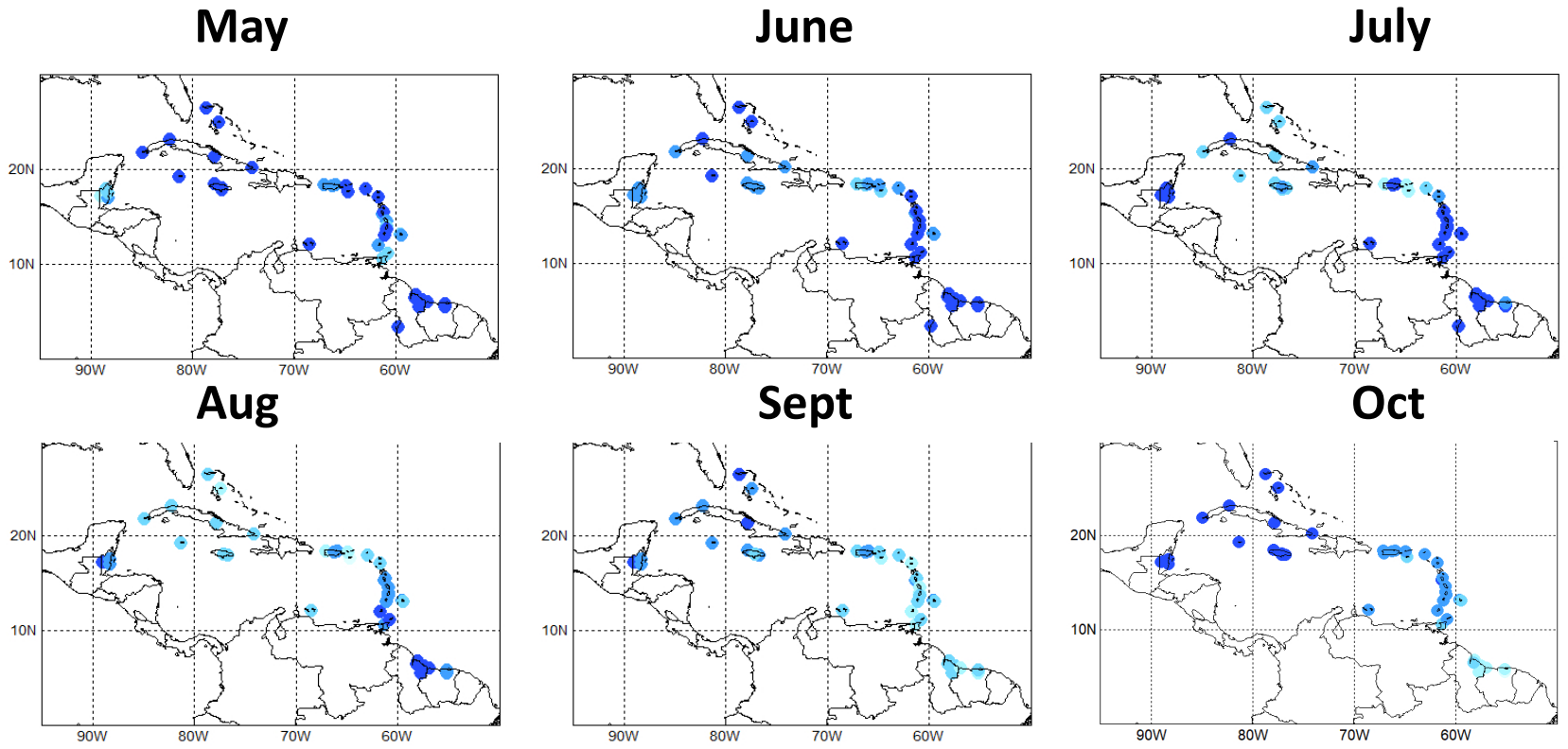


USUALLY: 9-18 hot-spell days in the Guianas; 6-12 in ABC Is., Lesser Antilles and Puerto Rico; no more than 3 elsewhere.

FORECAST: 3-5 more days spent in hot spells than usual in Barbados, coastal Guianas, Trinidad & Tobago, and Windward Is.; *likely* at least 15 heatwave days in the Guianas.

Heat impact potential due to hot spells during the Heat Season
(historical averages for the period 1985-2016)

Heat impact potential	Colour codes	Percentage of time spent in heatwaves
EXTREMELY HIGH		>80%
HIGH		50-80%
MODERATE		20-50%
SLIGHT		10-20%
MARGINAL		0-10%



May: Moderate potential in Belize; marginal to slight elsewhere.
Jun.: Slight potential in Barbados and areas from St. Martin westwards; marginal elsewhere.
Jul.: Slight to moderate potential in the Greater Antilles & Leeward Is.; marginal to slight elsewhere.
Aug.: Moderate potential in Barbados & islands westwards of Guadeloupe; marginal elsewhere.
Sep.: Moderate potential in the ABC Is., Lesser Antilles, Guianas; marginal to slight elsewhere.
Oct.: Moderate potential in Barbados, the Guianas & St. Croix; marginal westwards of Hispaniola; slight elsewhere.

Regional climate data, information, tools, experimental and operational products are available at

rcc.cimh.edu.bb

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