

Heat Outlook for April to September 2026

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Episodes of excessive heat expected to ramp up as the Caribbean enters the Heat Season

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: Greater frequency of heat symptoms due to excessive heat, peaking in September

Public health:

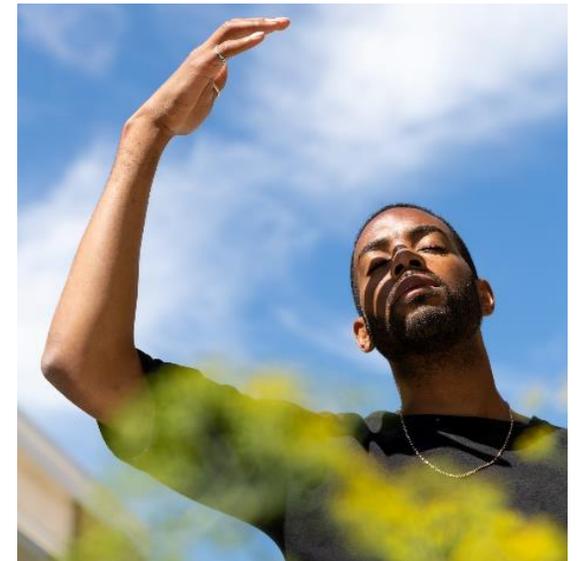
- *strong* increase in mild heat symptoms
- *notable* increase in heat illnesses, fainting episodes, hospitalisations, health services
- *likely* increase in biological risk (e.g. Aedes mosquito borne diseases, gastrointestinal disease)
- *exacerbation* of vulnerability in patients with chronic illness, 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:

Expect impacts from excessive heat, *likely* peaking in September



Livestock:

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

Crop agriculture:

- *exacerbation* of any evolving drought conditions leading to increased wilting
- *strongly* 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
- *significant* potential for coral reef bleaching as early as August

Forestry:

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

Tourism – Energy – Water:

Expect impacts from excessive heat, *likely* peaking in September

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

Expect impacts from excessive heat, *likely* peaking in September



DRM:

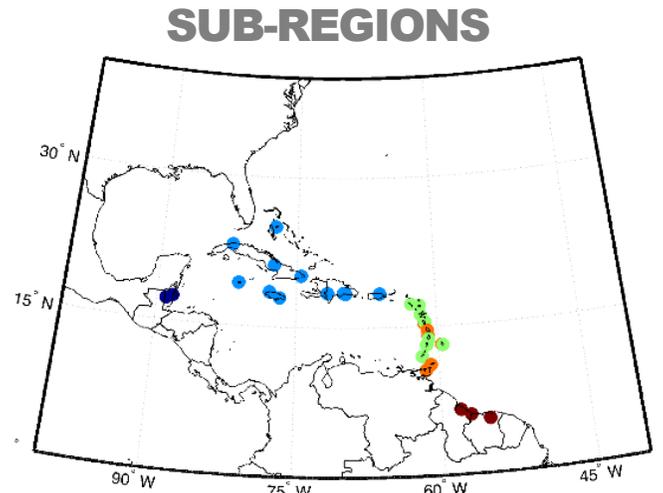
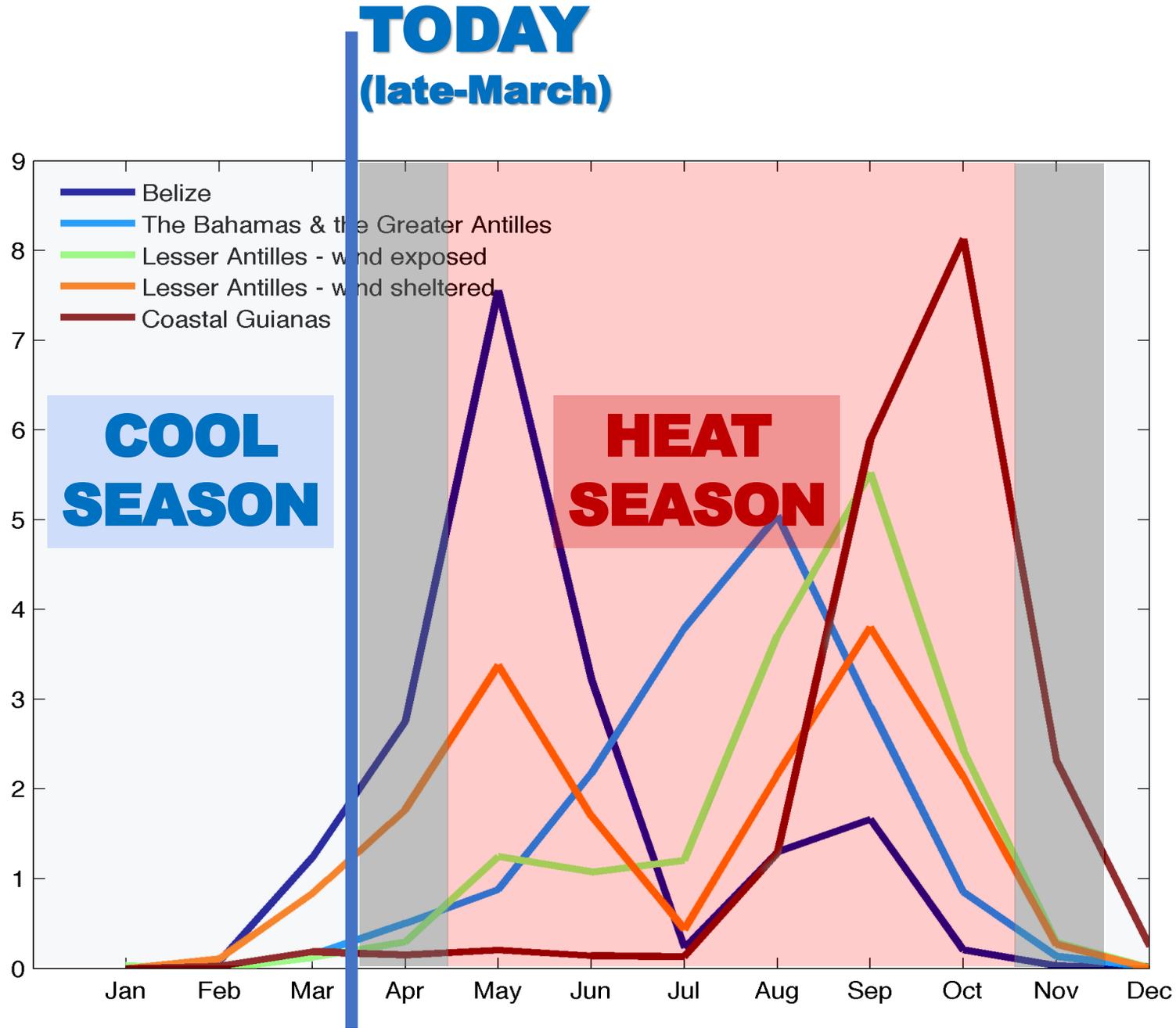
- **Risk:** *potentially* increased mortality and increased need for cooling strategies immediately post disaster (e.g. intense heat after passage of tropical cyclone); increased wildfire potential (if fuel stock is dry)
- **Operations:** *likely* reduced productivity of warehouse staff if unprotected



Child care and education:

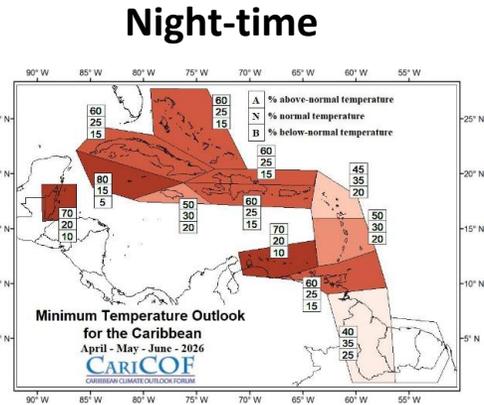
- **Learning:** *significantly* reduced productivity and reduced learning ability of students during the summer semester and at the start of the 2024-2025 school year
- **Child Protection:** *potential* increase in aggression during prolonged heatwaves

Number of days per month
spent in heatwaves

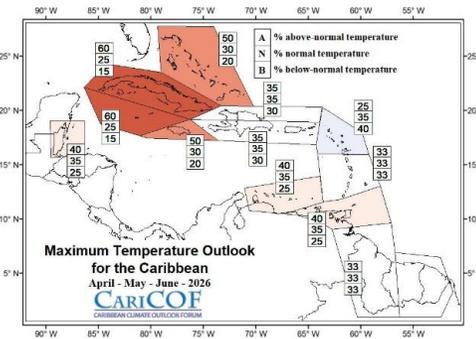


Overall, how hot will the next three to six months be?

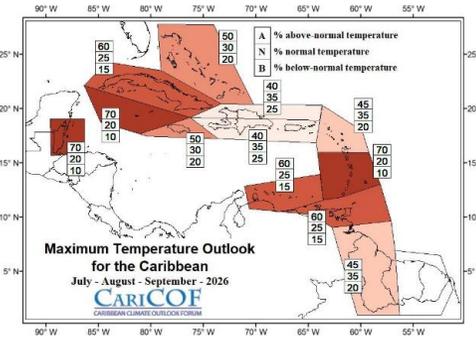
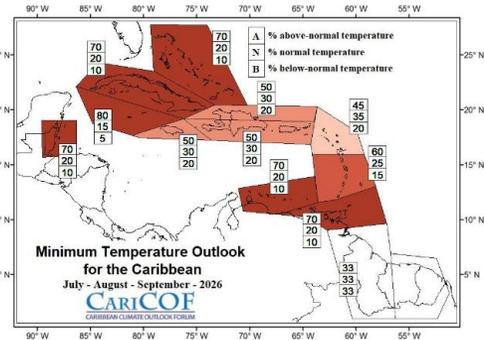
Apr-May-Jun 2026



Daytime



Jul-Aug-Sep 2026



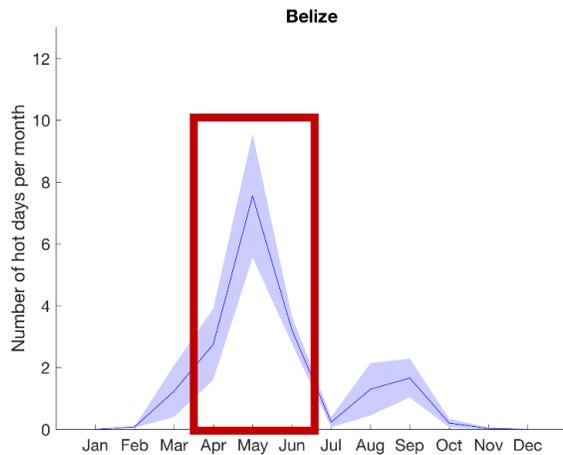
FORECAST:

1. April to June, marking the transition into and early part of the Caribbean Heat Season in the Caribbean Islands and Belize is forecast to *likely* be at least as warm as usual, especially at night.
2. Intense night-time and daytime heat is expected by August and September.

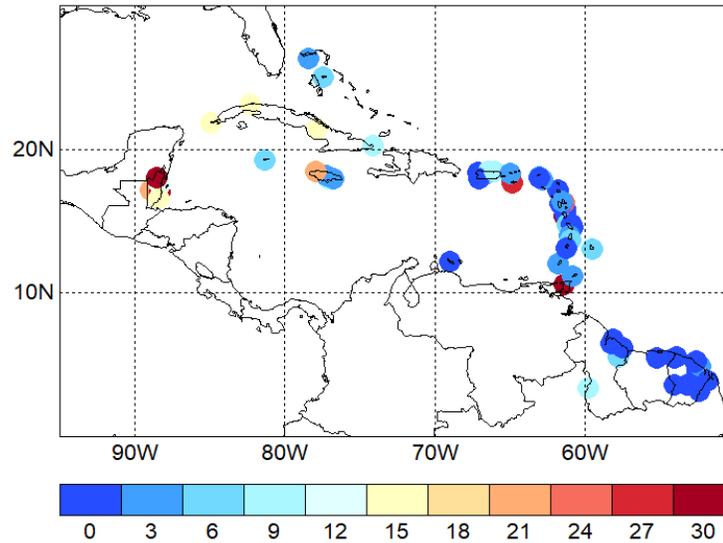
IMPLICATIONS:

- Increasingly frequent and possibly intense episodes of heat stress in the vulnerable population & small livestock because of high temperature and increasing humidity through September.
- Cooling need rising along these months, peaking in August and September.
- The level of impact *may* significantly increase should El Niño manifest by June.

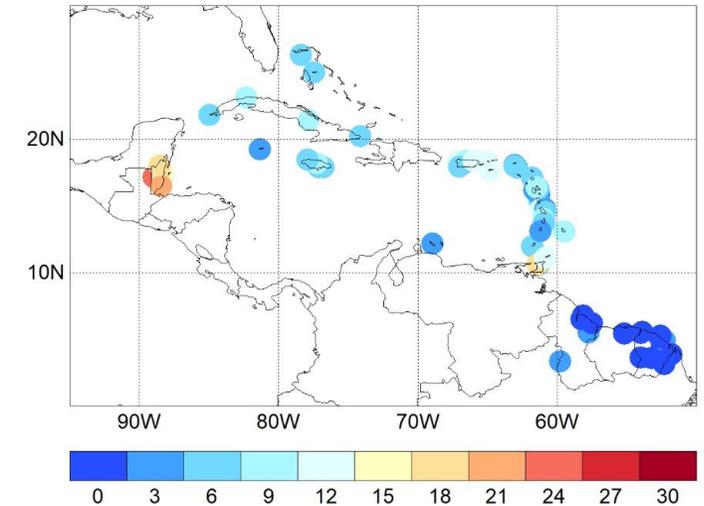
How many hot spell days to expect for **April to June 2026** (i.e., the peak heat season in **Belize**)?



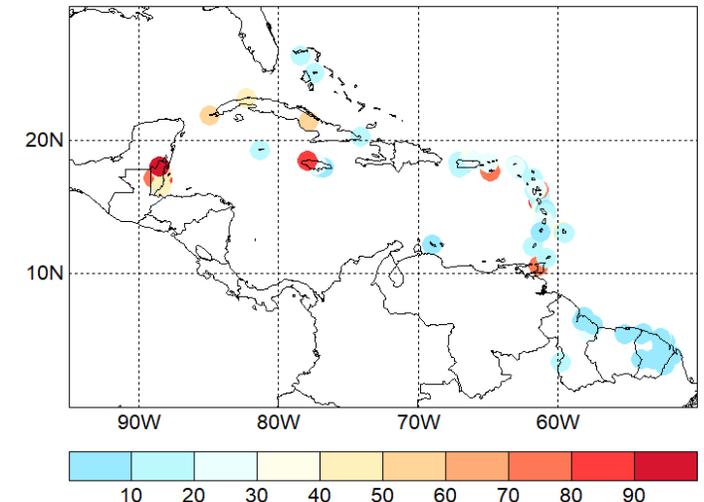
Hot spell days between April and June 2026



Hot spell days between April & June (1991-2020 avg.)



Prob. at least 15 hot spell days between Apr & Jun 2026

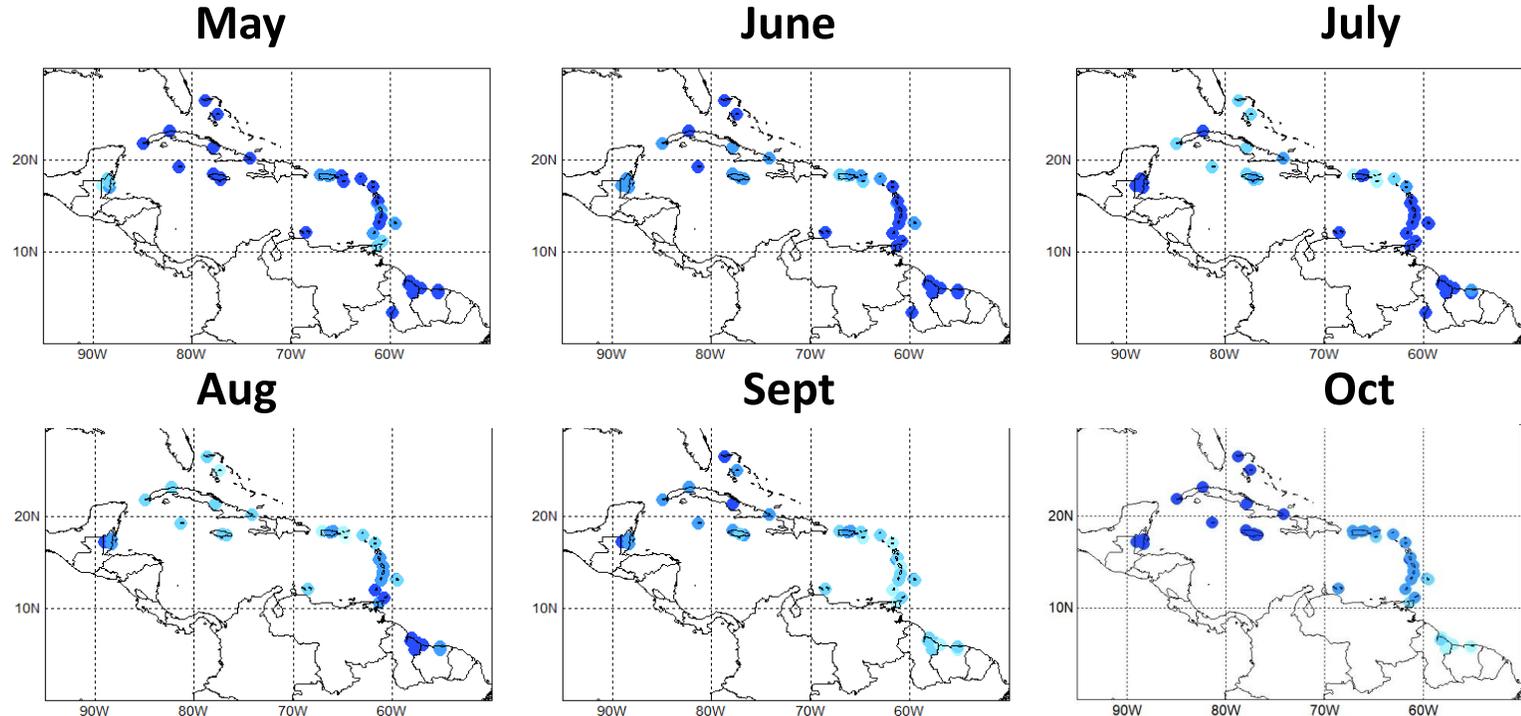


USUALLY: 15-24 hot spell days in inland Belize & Trinidad; 6-12 in most Caribbean islands; up to 3 in the Guianas.

FORECAST: **21-30 hot spell days in northern Belize, northwest Jamaica, St. Croix, inland Trinidad; 15-21 in other parts of Belize and much of Cuba; 6-12 in Grand Cayman, far eastern Cuba, interior of Guyana, north coast of Puerto Rico and leeward sides of Barbados, Dominica & Saint Lucia; up to 3 in Northern Bahamas, leeward sides of other Lesser Antilles islands; none expected in the coastal Guianas and interior French Guiana.**

Historical monthly heat impact potential due to hot spells during the heat season

Heat impact potential	Colour codes	Percentage of time spent in hot spells
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.



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experimental and operational products
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