

Heat Outlook for May to October 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:

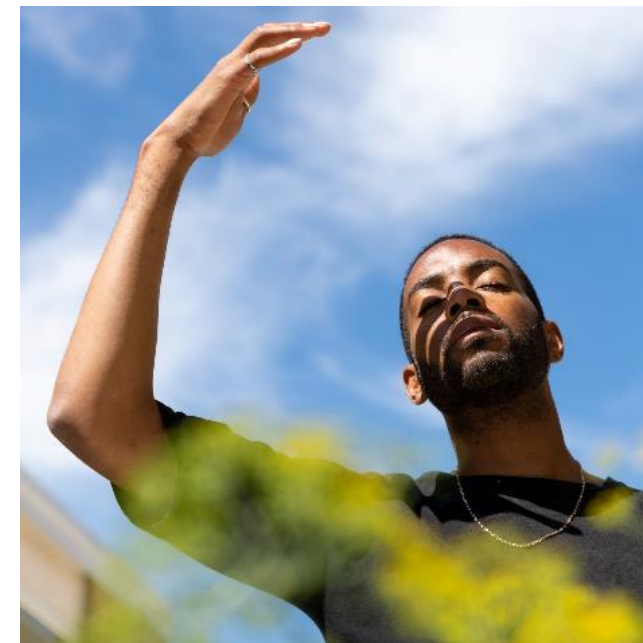
- *strong* increase in mild heat symptoms
- *notable* increase in heat illnesses, fainting episodes, hospitalisations, health services
- *likely* increase in biological risk (e.g. Aedes mosquito borne diseases, gastrointestinal disease)
- *exacerbation* of vulnerability in patients with chronic illness,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

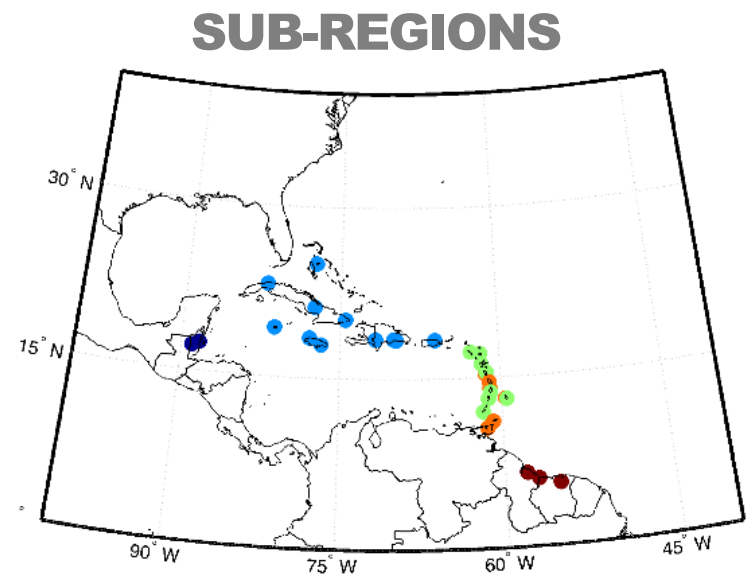
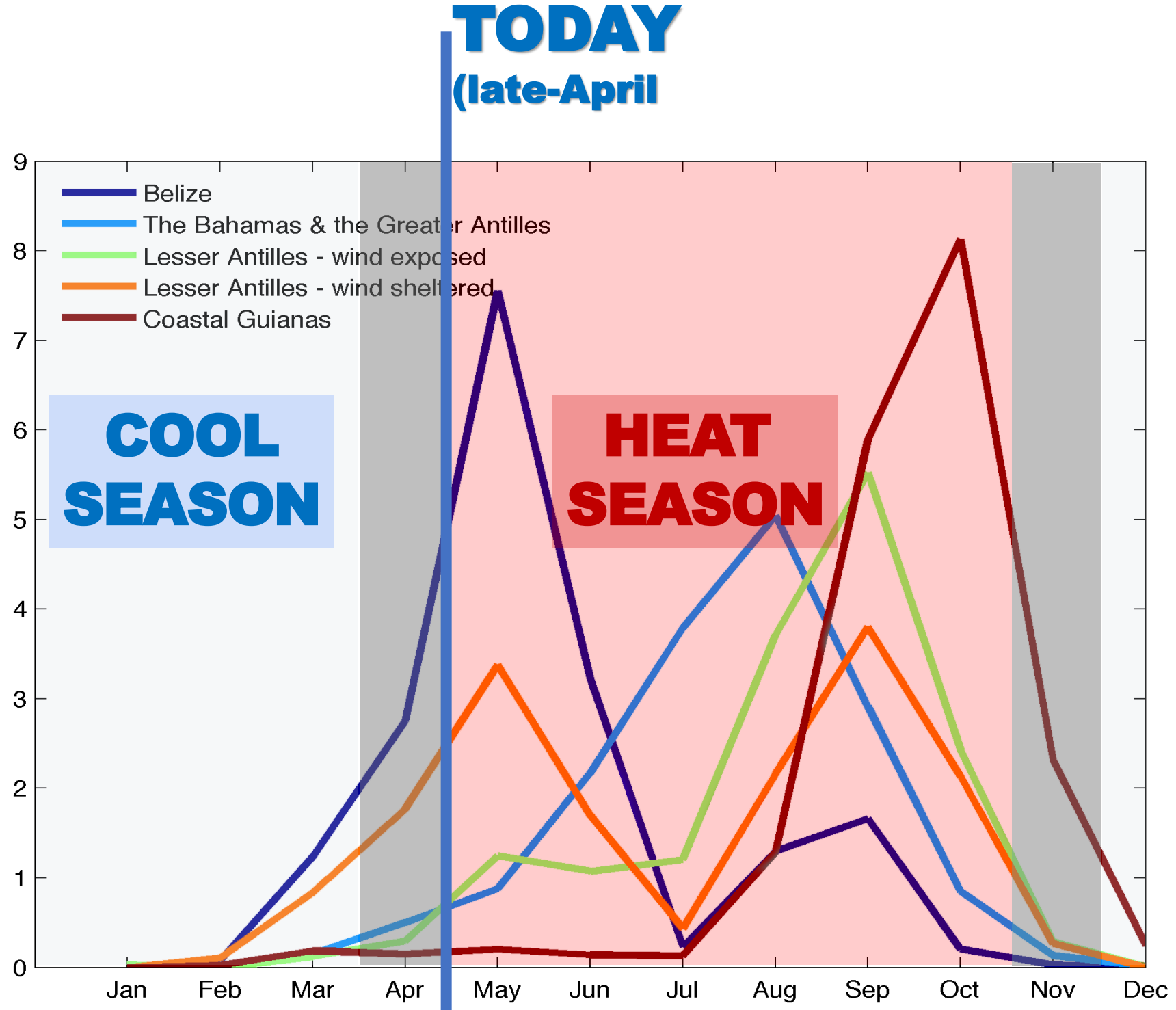
- **Risk:** *potentially* increased mortality and increased need for cooling strategies immediately post disaster (e.g. intense heat after passage of tropical cyclone); increased wildfire potential (if fuel stock is dry)
- **Operations:** *likely* reduced productivity of warehouse staff if unprotected



Child care and education:

- **Learning:** *significantly* reduced productivity and reduced learning ability of students during the summer semester and at the start of the 2026-2027 school year
- **Child Protection:** *potential* increase in aggression during prolonged heatwaves

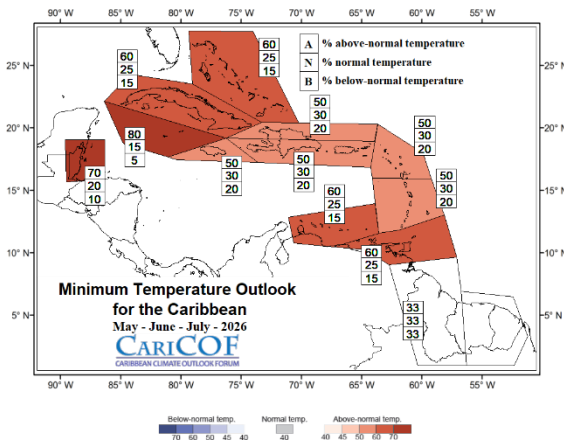
Number of days per month spent in heatwaves



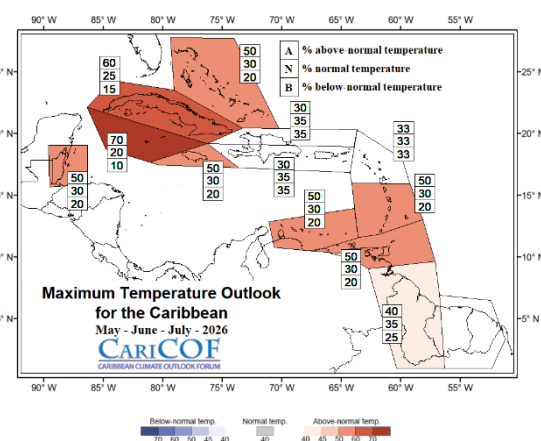
Overall, how hot will the next three to six months be?

May-Jun-Jul 2026

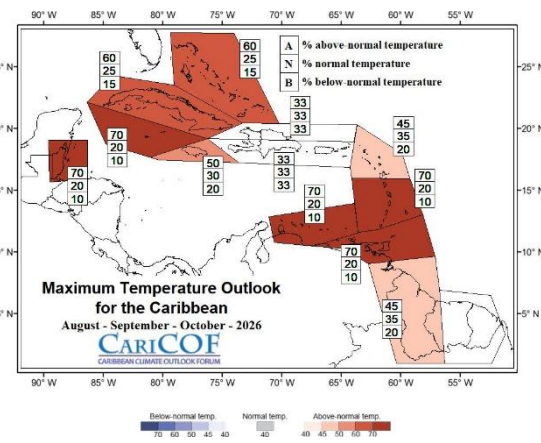
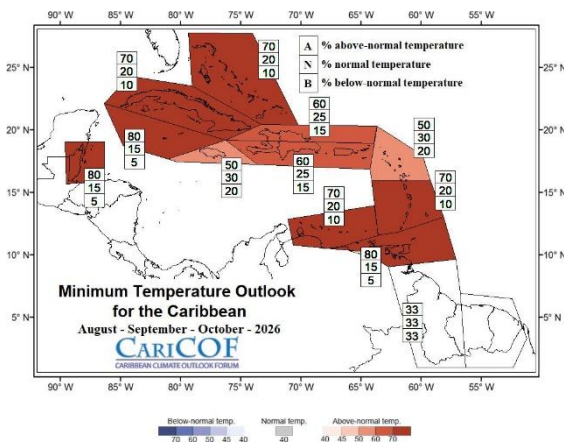
Night-time



Daytime



Aug-Sep-Oct 2026



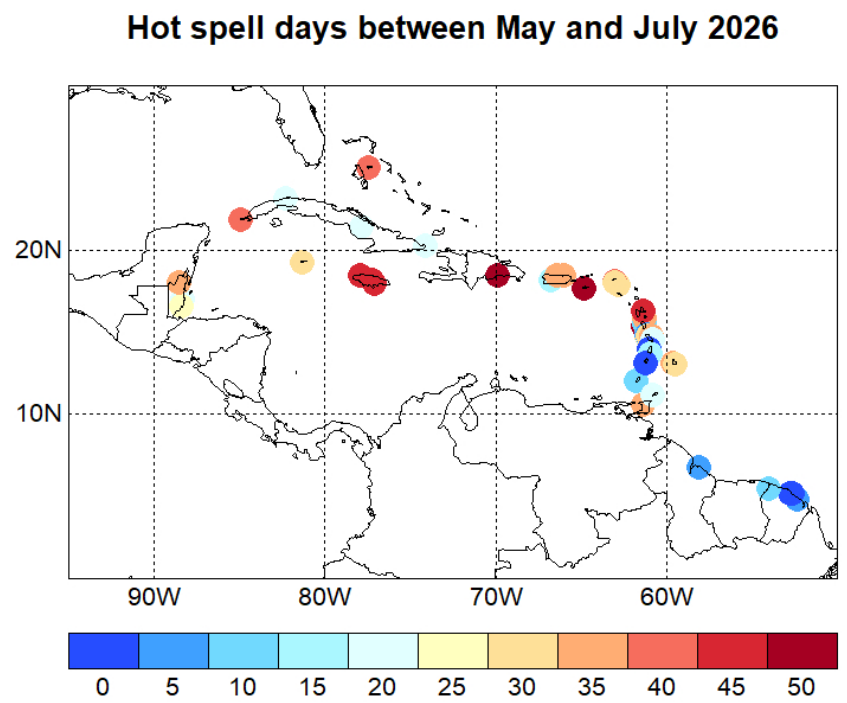
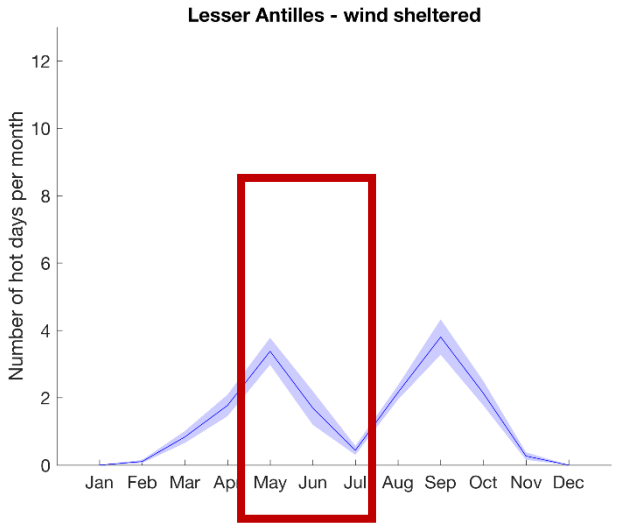
FORECAST:

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

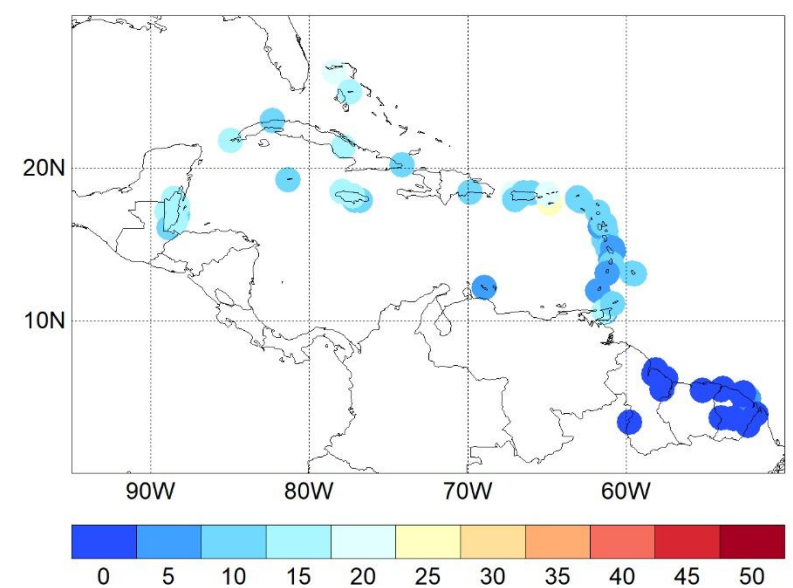
IMPLICATIONS:

- 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.

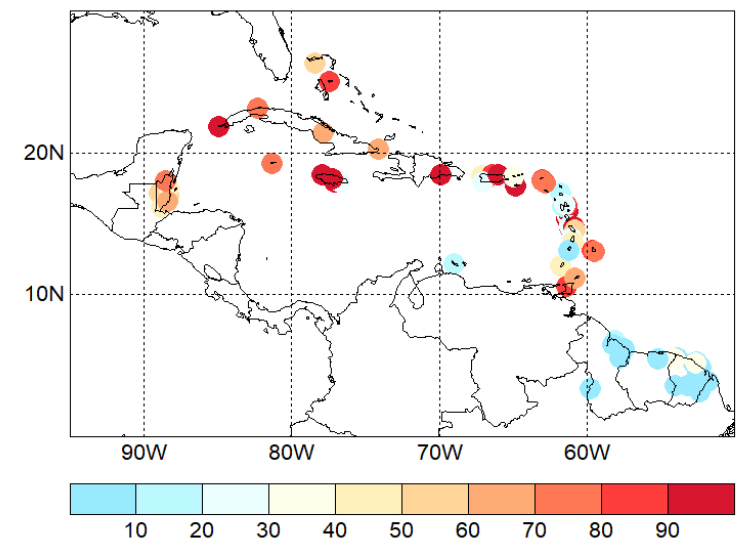
How many hot spell days to expect for **May to July 2026**?



Hot spell days between May & July (1991-2020 avg.)






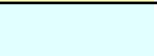
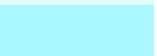


Prob. at least 15 hot spell days between May & Jul 2026

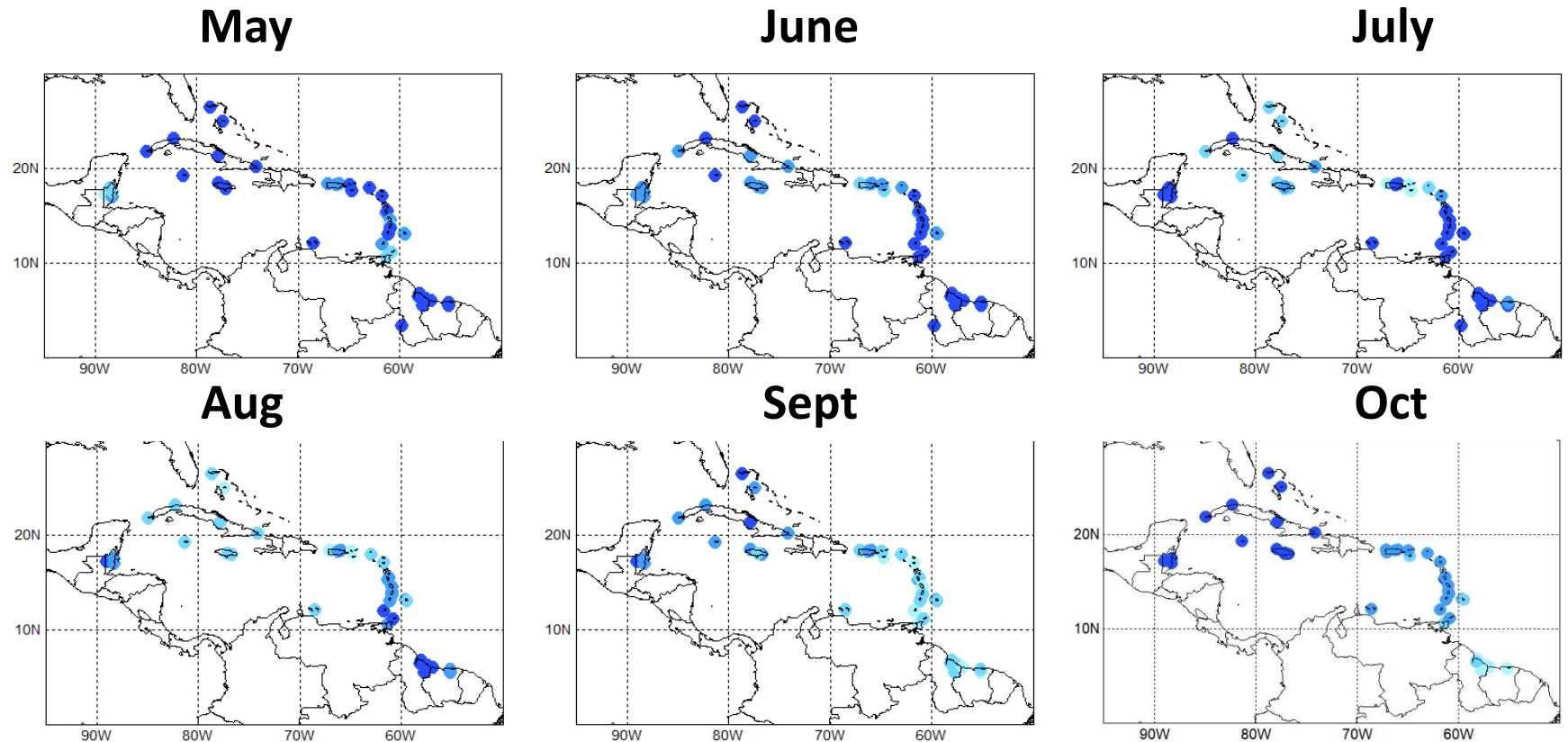


USUALLY: 10-25 hot spell days in The Bahamas, Belize, most of the Antilles; 5-15 in the ABC Islands and wind-exposed areas of the Windward Islands; up to 5 in the Guianas.

FORECAST: **Twice the usual number of hot spell days or even more; 30-50** hot spell days in The Bahamas, the Greater Antilles; 25-45 in Barbados, Belize, the Leeward Islands and Trinidad; up to 20 in Tobago and the Windward Islands; up to 10 in the coastal Guianas.

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