

The delivery of essential life-saving assistance to approximately 200,000 shock-affected individuals was hindered by 76 incidents reported by humanitarian organizations across 10 states and regions in Myanmar. The incidents recorded represent a 27 per cent decrease compared with the previous month, and a 24 per cent decrease compared to the 2026 monthly average. July recorded the lowest number of access incidents since January 2026. The decline may partly reflect the usual reduced humanitarian movement which takes place during the monsoon season, especially in areas impacted by flooding. The highest proportion of access constraints (42 per cent) were reported from Rakhine, followed by Sagaing (14 per cent) and northern Shan (9 per cent).

Conflict-related insecurity continued to be the primary impediment to humanitarian access this month, which disrupted and delayed planned humanitarian activities across seven states and regions, with Rakhine and Sagaing alone accounting for 58 per cent of the 40 incidents reported in July. Nearly two-thirds of all reported security-related incidents involved airstrikes, drone attacks or heavy weapons fire, significantly affecting humanitarian access in Rakhine, Sagaing, Chin, Kayin and Magway and resulting in the postponement or suspension of scheduled activities for more than ten days. In Tanintharyi, a drone strike reportedly damaged a school building. In Sagaing, clashes and road blockades disrupted activities, stranded civilian and humanitarian vehicles, and delayed the movement of essential supplies.

The operating environment for humanitarian personnel and assets deteriorated in July, with 16 incidents reported across seven states and regions, representing a 100 per cent increase from June. In ten separate incidents, 27 aid workers were reported as arrested or detained by parties to the conflict, primarily by the MAF, with one incident attributed to an unknown armed group, across Sagaing, Rakhine, southern Shan and Tanintharyi. This represents a significant increase compared with the nine such incidents recorded between January and June 2026. In an incident reported in Tanintharyi, three of the four aid workers arrested by uniformed actors locally reported as MAF were found deceased, while the whereabouts of the fourth remained unconfirmed at the time of reporting. By the end of July, five of the detained staff members had been released. As a result, several humanitarian activities, including health, nutrition, water and sanitation, intended to reach a large number of people in need, were postponed for more than three weeks.

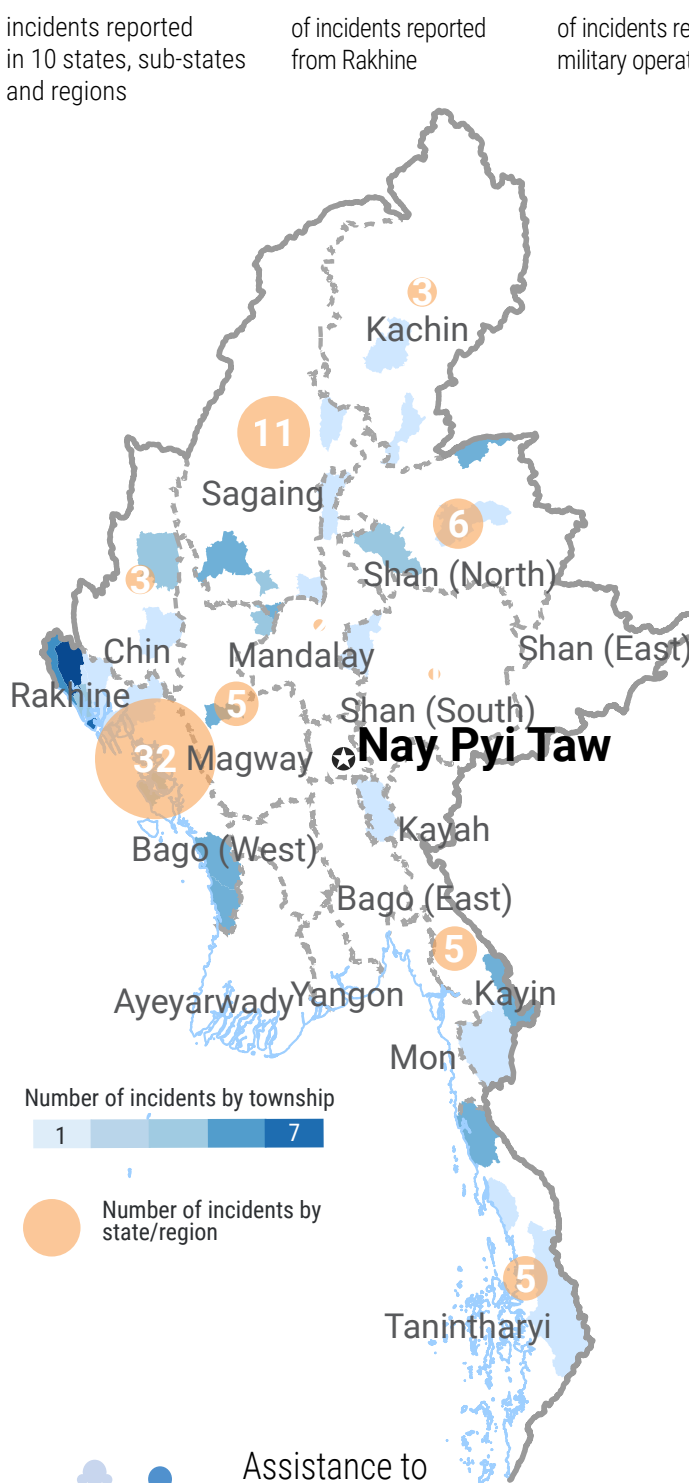
Heavy monsoon rainfall and flooding further constrained physical access in July, particularly in Rakhine, where sustained rainfall and severe flooding across several areas created major access barriers and delayed assistance to affected communities. Physical access challenges disrupted transport and humanitarian movements in Sagaing and Magway, while poor road and security conditions in Kayin further complicated the delivery of humanitarian supplies. Due to these disruptions, several organizations rescheduled their planned field activities during the reporting period.

Administrative barriers continued to affect humanitarian operations in several areas, delaying activities in northern Shan, Rakhine and Magway. In positive developments, regional authorities in Mandalay approved the first official UN humanitarian access to Thabeikkyin since 2023, enabling a joint assessment mission to take place, although limited telecommunications, accommodation and water supplies continued to pose operational challenges. In addition, humanitarians were also able to access Lashio in Northern Shan. Landmine contamination and unsafe river crossings also delayed humanitarian missions in northern Shan, affecting the delivery of health and nutrition assistance to an estimated 10,000 people for more than ten days.

76 incidents reported in 10 states, sub-states and regions

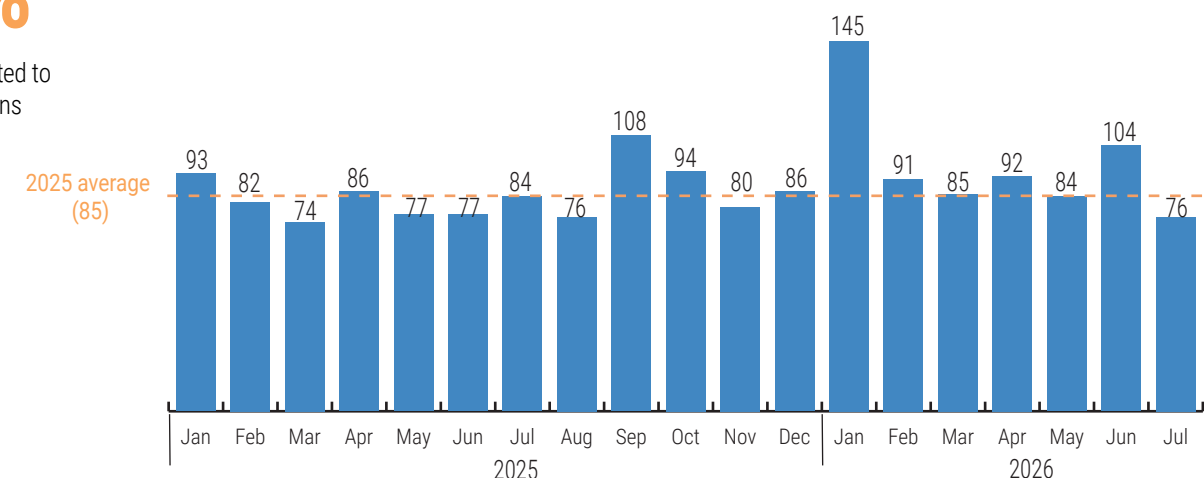
42% of incidents reported from Rakhine

53% of incidents related to military operations

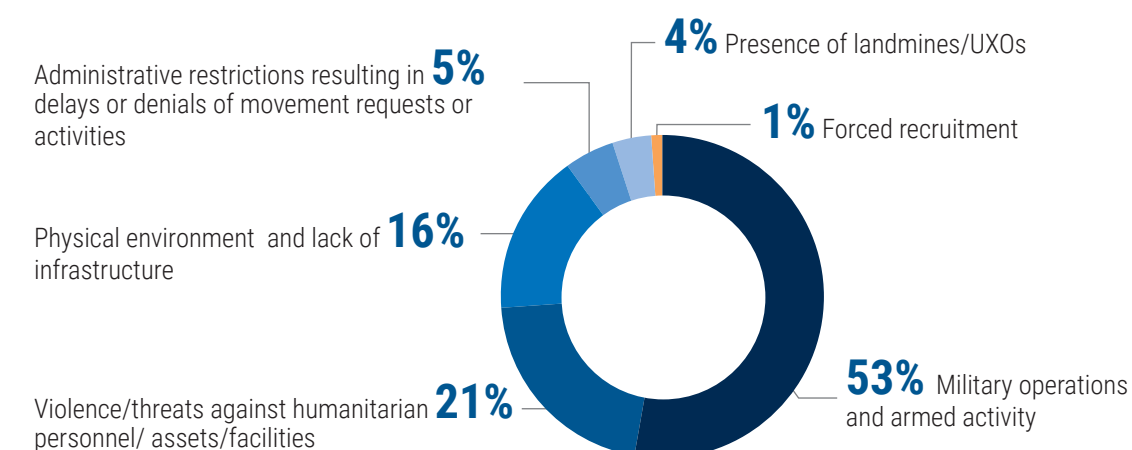


Assistance to **200K** people affected by access impediments*

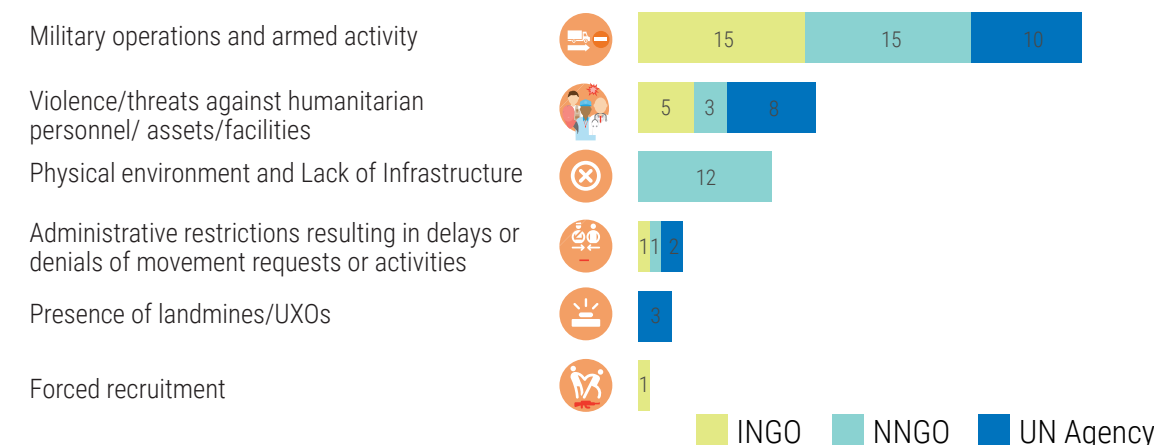
COMPARISON OF REPORTED ACCESS INCIDENTS OVER TIME



OVERVIEW OF REPORTED INCIDENTS



ACCESS CONSTRAINTS BY PARTNER TYPE



Methodology: Information in this snapshot is based on incidents reported to AMRF by humanitarian organizations during the reporting period. The access snapshot is broadly indicative of wider access dynamics encountered in Myanmar, however, it does not present a comprehensive view of all access challenges, as access incidents are underreported, and the snapshot only covers areas where organizations have been able to maintain a sustained humanitarian presence.

*Estimated minimum number of people affected by the interruption of services or delays in delivery of assistance indicated by incidents reported between 1 - 31 July 2026.

The boundaries and names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations. The data for this map has a limited number of sources. The data is not independently verified and is subject to error or omission, deliberate or otherwise by various sources. **Creation date:** 20 Aug 2026 **Sources:** Humanitarian partners in Myanmar. **Feedback:** ochamyanmar@un.org, www.unocha.org, www.reliefweb.int