

In January, around 165,000 crisis-affected people targeted by the humanitarian community in 13 states and regions could not access assistance due to 145 constraints reported across 13 states and regions. Compared to the 2025 average, the number of incidents increased by 65 per cent, mainly due to a dramatic rise in armed activities reported, which increased from 40 in December 2025 to 96 in January 2026. Incidents in Chin accounted for the highest proportion of reported cases at 23 per cent, followed by Rakhine at 18 per cent, and Sagaing at 12 per cent.

With 66 per cent of the total reported incidents, access constraints related to armed hostilities largely affected relief operations across 13 states and regions, including Chin, Magway, Sagaing, and Kayin, which cumulatively accounted for around 80 per cent of all reported incidents. A total of 60 airstrikes reportedly affected aid operations in nine states and regions, with half of them reported in Chin. Three staff members of a local health organization, including a medical practitioner, were killed in an airstrike reported in Sagaing, forcing the organization to temporarily suspend its health services. In addition, an international organization temporarily relocated its staff from a field location in Kachin due to airstrikes for more than five days. Meanwhile, several organizations had to suspend activities for up to ten days due to unexpected road closures by parties to the conflict in Kachin, Kayin, Magway, and Mandalay.

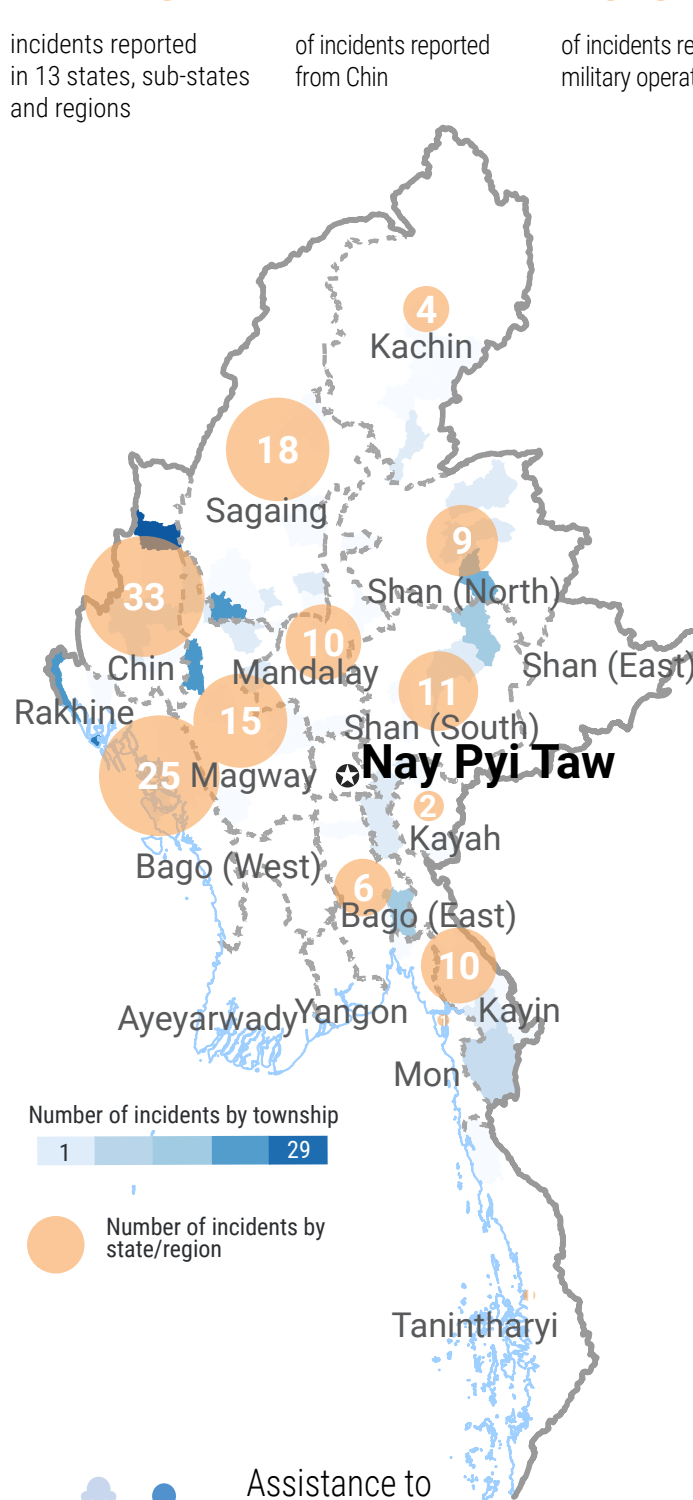
Administrative and bureaucratic constraints accounted for 16 per cent of all reported incidents, with northern and southern Shan and Rakhine collectively recording 83 per cent of the total cases. More than 75 per cent of incidents were connected to increased scrutiny and long waiting hours at checkpoints manned by warring parties, causing significant delays in humanitarian activities. In southern Shan, a few checkpoints reportedly demanded that aid workers pay a 'gate fee' for passage. In Rakhine, a Travel Authorization request for international staff members of a UN agency to visit field locations in Sittwe was refused by local authorities, while an international organization had to postpone a planned delivery following instructions from the village administration, which asked them not to gather more than five people due to security concerns in Kachin.

Five incidents involving violence or threats against humanitarian personnel were reported throughout January in Rakhine, Kayin, Mandalay and Sagaing. Two separate incidents were reported from Rakhine and Sagaing, where three aid workers encountered Myanmar Armed Forces (MAF) personnel when the aid workers were not on duty. In each incident, the MAF forced the aid workers to carry out activities in service to the MAF individuals. Additionally, several aid organizations reportedly suspended their activities in Rakhine, Magway and Bago (East) following recruitment campaigns carried out by both EAOs and MAF at project sites.

145 incidents reported in 13 states, sub-states and regions

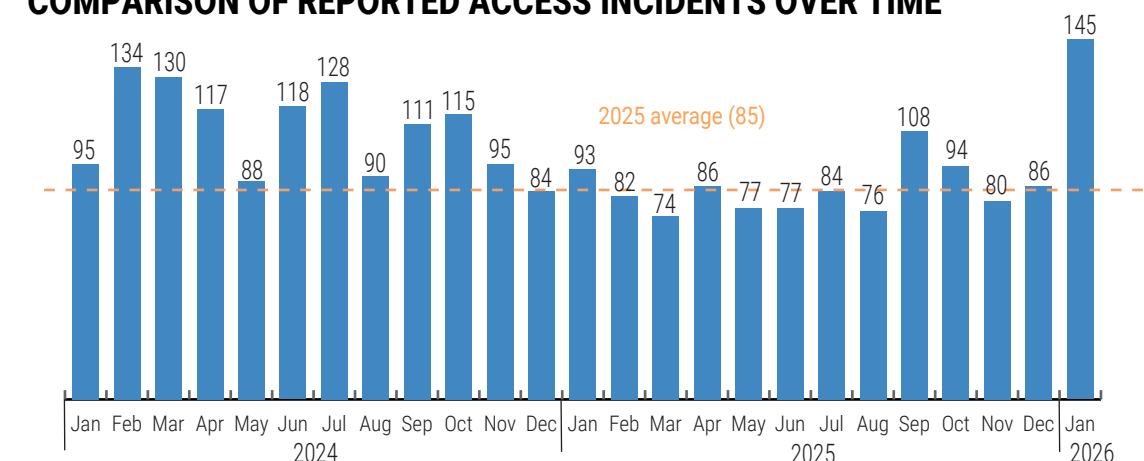
23% of incidents reported from Chin

66% of incidents related to military operations

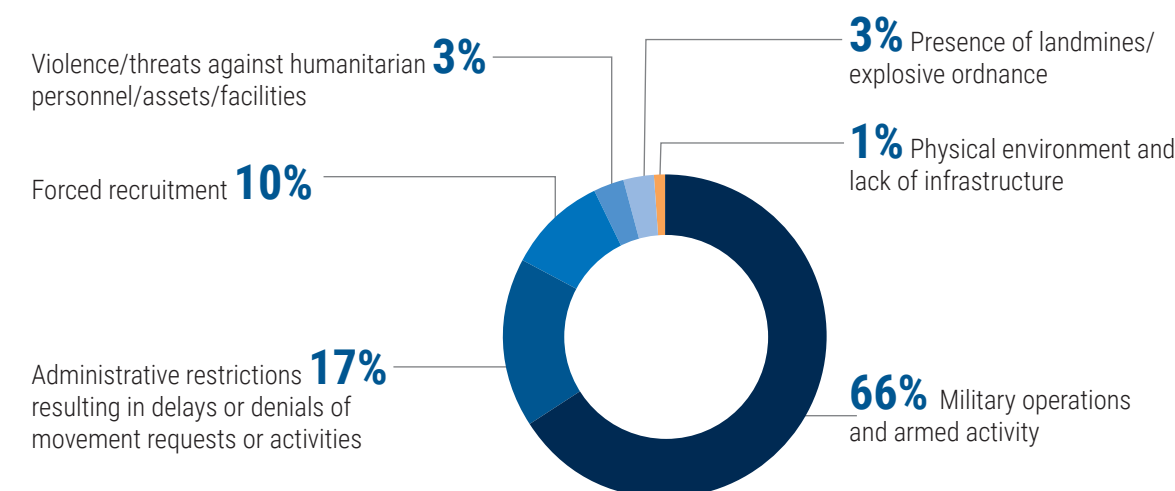


Assistance to **165K** people affected by access impediments*

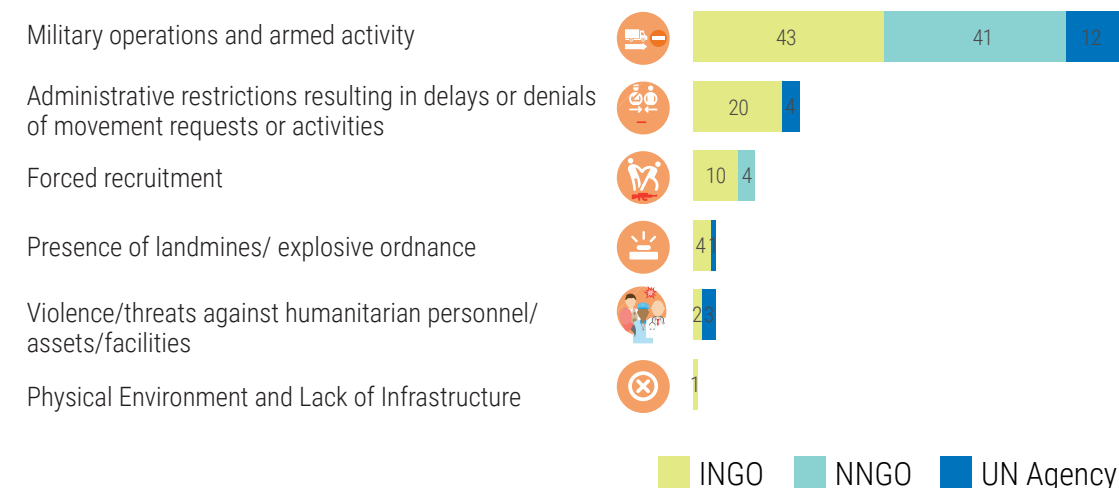
COMPARISON OF REPORTED ACCESS INCIDENTS OVER TIME



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 January 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:** 25 February 2026 **Sources:** Humanitarian partners in Myanmar. **Feedback:** ochamyanmar@un.org, www.unocha.org, www.reliefweb.int