

In May, the provision of humanitarian assistance to approximately 265,000 people in need was hindered by at least 84 incidents reported by humanitarian organizations across 12 states and regions in Myanmar. This number represents a nine per cent decrease in reported incidents compared with the previous month. The highest proportion of access constraints (38 per cent) was reported from Rakhine, followed by Kayin (13 per cent), Chin (11 per cent), and Sagaing (9 per cent).

Armed hostilities remained the most prevalent access constraint, disrupting and delaying planned humanitarian activities across nine states and regions, with 48 per cent of the 54 incidents reported in May taking place in Rakhine and Chin. Ongoing conflict between the Myanmar Armed Forces (MAF) and various non-state armed actors (NSAGs) continued to hamper humanitarian operations, resulting in temporary suspension of activities for up to one month in the affected areas. Aerial strikes, drone attacks, and heavy weapons fire further restricted access to people in needs, including in Rakhine, Kayin, Sagaing, Chin, and Magway for over ten days. A shipment of humanitarian commodities sent to Kachin via Sagaing was delayed by two weeks due to conflict along the route, resulting in disruption to planned activities, including the provision of WASH and child protection services. Three humanitarian organizations temporarily relocated their staff members to safer locations in Magway and Sagaing due to security concerns during the reporting period.

Administrative and bureaucratic impediments accounted for 11 per cent of the total reported incidents and affected humanitarian activities in four states and regions, with incidents in Rakhine and Kayin accounting for approximately 80 per cent of the total constraints. Prolonged delays with intensified scrutiny at checkpoints, particularly in Rakhine and Kayin, disrupted the delivery of humanitarian assistance, including health, nutrition and protection-related support. Reported delays in the issuance of travel authorizations by the state administration resulted in the postponement of aid deliveries for approximately 30,000 internally displaced people in Bago and Kayah for more than one month. In Rakhine, local administration instructed humanitarian organizations to seek approval in advance from state-, district-, and township-level authorities prior to construction or renovation of shelters for affected people, which significantly delayed activities.

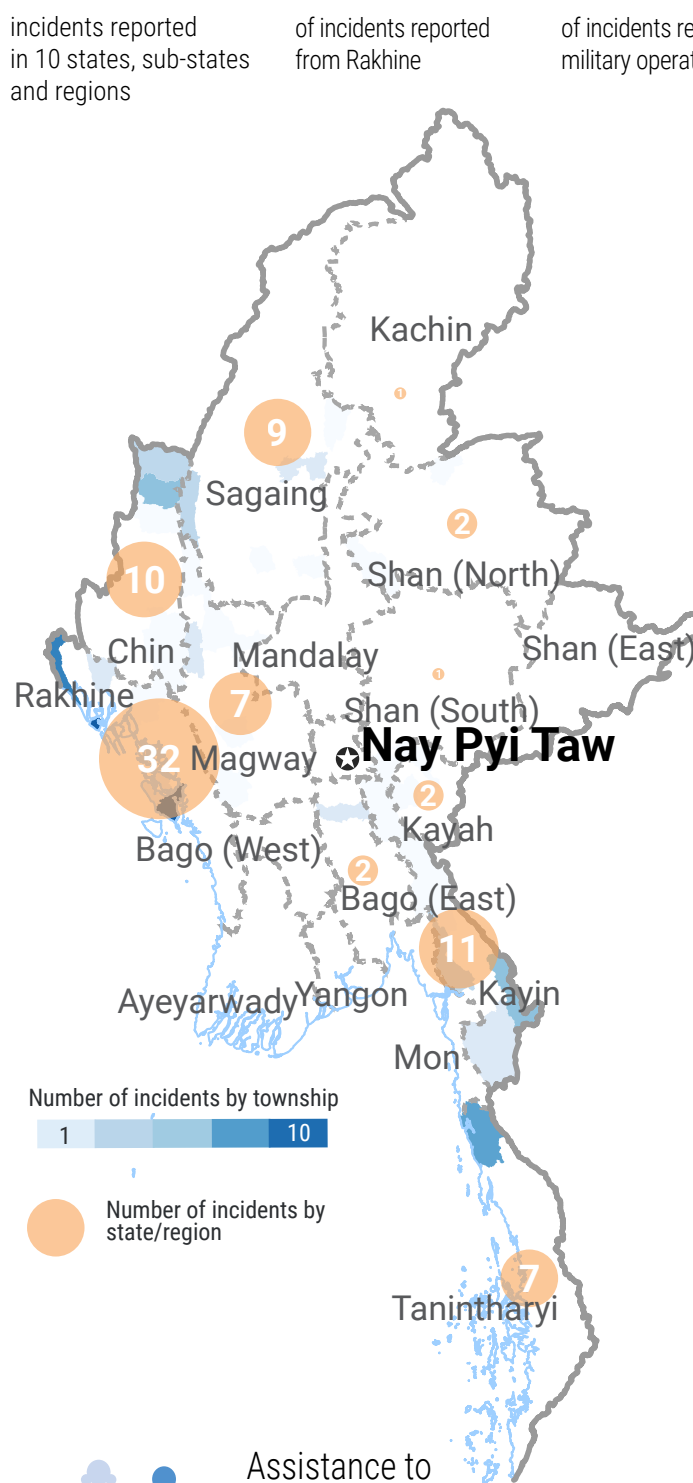
Violence and threats against humanitarian personnel persist, with five such incidents reported from Kachin, Kayin, Magway, Rakhine, and Shan. In Kayin, a local aid worker was reportedly killed when undertaking his duties accompanying injured people for medical intervention when the ambulance they were travelling in was attacked by unknown gunmen. In Mandalay Region, three of twelve boxes of supplies dispatched from Yangon were confiscated at a checkpoint. Four landmine-related incidents were reported in Rakhine, Sagaing, and Bago, including an incident in which an on duty aid worker sustained injuries when an ambulance was struck by a mine explosion. Forced conscription continues in parts of Rakhine and Sagaing which resulted in delays to humanitarian operations for over a week.

During the reporting period, three incidents of interference in humanitarian operations were reported in Rakhine and Shan. In Sittwe, operations at a humanitarian services' site in a displaced people's camp were reportedly disrupted due to denial of access to the site by the landlord in an attempt to leverage a role for a family member, resulting in a temporary suspension of services, which was then resolved locally. In Shan, a local representative attempted to pressure the inclusion of households, who did not meet the humanitarian targeting criteria, to receive humanitarian assistance.

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

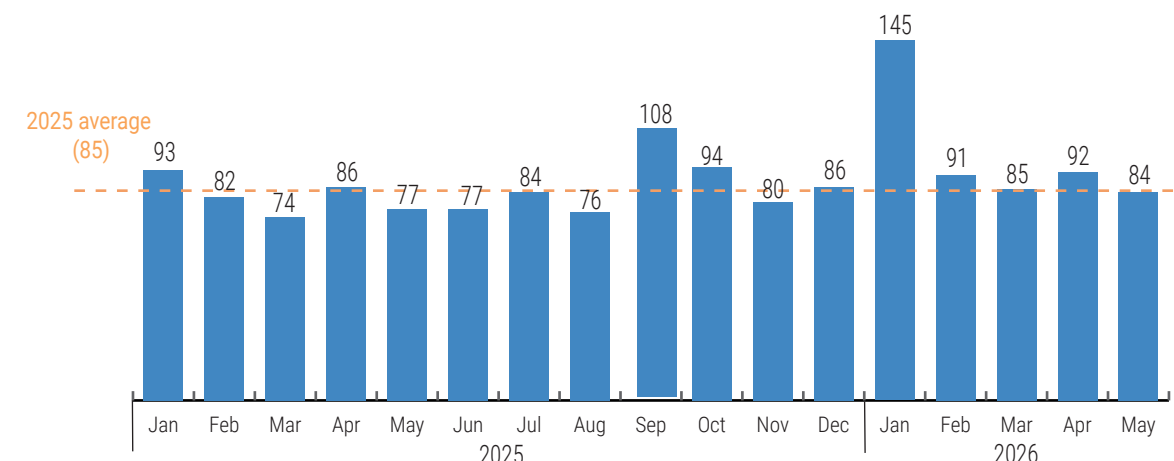
38% of incidents reported from Rakhine

64% of incidents related to military operations

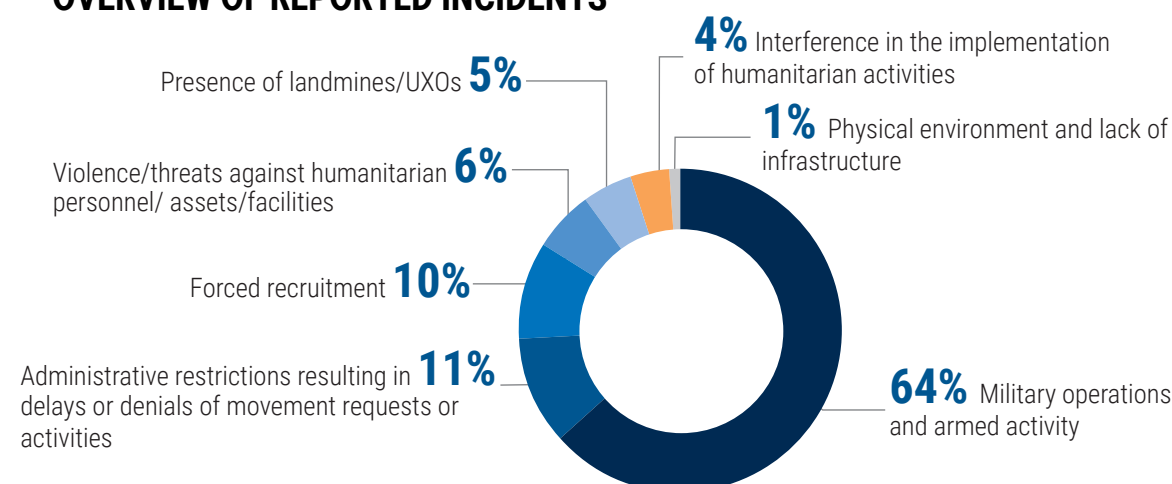


Assistance to **265K** people affected by access impediments*

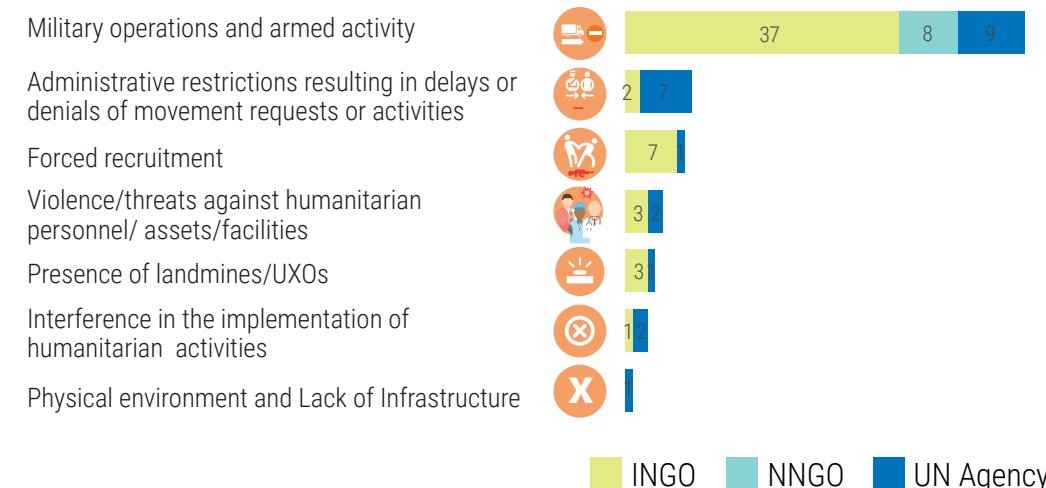
COMPARISON OF REPORTED ACCESS INCIDENTS OVER TIME



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 May 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:** 23 Jun 2026 **Sources:** Humanitarian partners in Myanmar. **Feedback:** ochamyanmar@un.org, www.unocha.org, www.reliefweb.int