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UNITED NATIONS
HUMAN RIGHTS
OFFICE OF THE HIGH COMMISSIONER



UKRAINE

PROTECTION OF CIVILIANS IN ARMED CONFLICT • JANUARY 2026 UPDATE

SUMMARY



Systematic and repeated attacks by Russian armed forces on **Ukraine's energy infrastructure** caused extensive disruptions to electricity, heating, and water across the country, affecting millions, as temperatures consistently remained below freezing.



Conflict-related violence killed **at least 161 civilians and injured 757**. The number of casualties was similar to January 2025.



Attacks with long-range weapons (missiles and drones) launched by Russian armed forces caused 39 per cent of all civilian casualties (54 killed; 305 injured), most of them in urban centres far from the frontline. The remaining casualties occurred **near the frontline** (97 killed; 444 injured), with **short-range drones** causing the largest number of casualties (54 killed; 207 injured), followed by artillery and multiple launch rockets system (26 killed; 156 injured), and aerial bombardment (17 killed; 81 injured); and 18 civilians were killed or injured in ERW/mine-related incidents.



The vast majority of civilian casualties (**99 per cent¹**) occurred in areas under the control of the Government of Ukraine. Civilian casualties were recorded across 12 regions of Ukraine and the city of Kyiv.

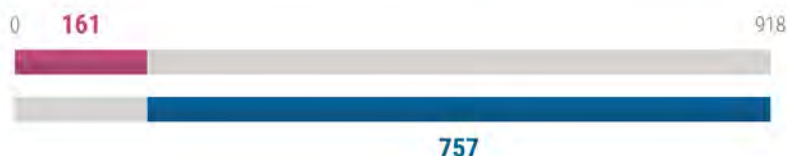
CIVILIAN CASUALTIES JANUARY 2026²

918

total civilian casualties

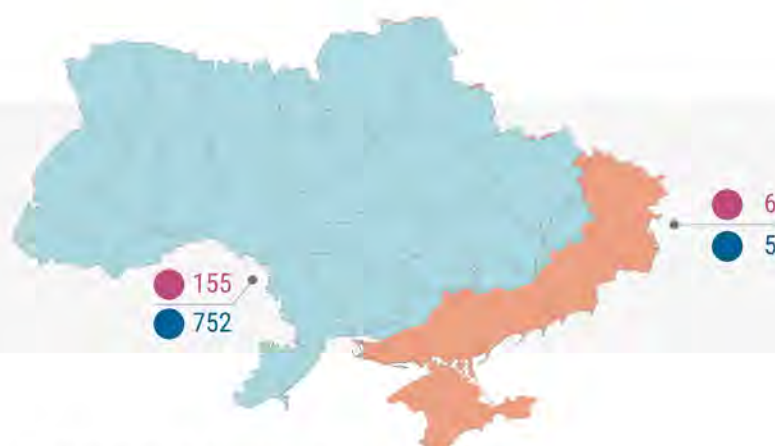
● killed

● injured

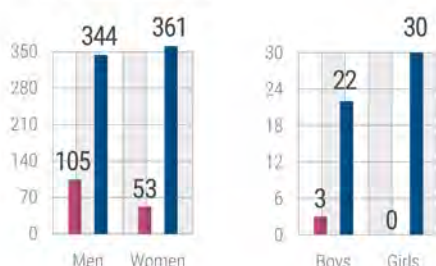


1. BY TERRITORY WHERE THEY OCCURRED

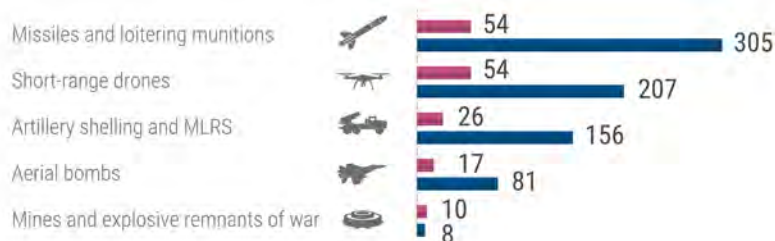
■ controlled by the Government of Ukraine
■ occupied by the Russian Federation



2. BY AGE AND SEX



3. BY TYPE OF WEAPON/INCIDENT



ATTACKS ON ENERGY INFRASTRUCTURE AND IMPACT ON THE CIVILIAN POPULATION



In January 2026, Russian armed forces conducted near daily attacks on Ukraine's energy infrastructure, including five large-scale attacks in which several regions were targeted simultaneously. The attacks damaged key components of the energy system, including power-generation facilities, substations connecting nuclear power plants to the electricity grid, and main high-voltage substations, as well as local energy infrastructure, including electricity generation, transmission and distribution facilities, and high-voltage transmission lines. Energy infrastructure in at least 17 regions of Ukraine, as well as in the city of Kyiv, were damaged or destroyed.



According to Ukrainian authorities, the combined effects of occupation and damage from attacks reduced Ukraine's electricity generation capacity to 11 gigawatts, far short of the 18 gigawatts needed during peak consumption in January. As a result, there were extended and severe electricity outages across the country, with many areas having access to electricity for only a few hours each day, and in periods, none at all. These outages deprived many families of heat and running water.



In addition, attacks in January repeatedly struck infrastructure related to district heating systems, such as combined heat and power plants (CHPP), which caused thousands of apartment buildings to lose central heating for extended periods when temperatures were well below freezing.

ILLUSTRATIVE EXAMPLES OF ATTACKS ON ENERGY INFRASTRUCTURE AND THEIR IMPACT



KHERSON CITY

- 1 January attack on a CHPP
- 2 January attack on a CHPP
- 3 January attack on a CHPP
- 25 January attack on a CHPP
- 26 January attack on a CHPP

Multiple attacks on a CHPP in Kherson in January 2026 prevented efforts to restore operations after attacks on the plant in November and December 2025. Local authorities said that tens of thousands of residents relied on the CHPP for heating.

KYIV CITY

- 9 January attack on CHPPs
- 20 January attack on CHPPs
- 26 January attack on CHPPs

About 5,600 multi-story buildings in several districts repeatedly lost heating after successive attacks on three CHPPs. Some residents reported they did not have heating for more than three weeks, or that heating was interrupted and low.

DNIPROPETROVSK REGION

- 11 January attack on a power substation

More than 3,000 multi-story apartment buildings lost heating for up to 24 hours, and some buildings remained completely without heating for up to three days.



As temperatures dropped below -20°C on several days and nights in January and repeated attacks disrupted central heating systems and electricity, the temperature in affected apartments dropped significantly. For example, one mother of two children said that the temperature in her apartment was just 4°C at night. In homes with electric stoves, people could not cook food. Some people, including families with children, relocated because it was no longer possible to stay in their apartments.



Despite measures to protect medical facilities from scheduled power cuts, emergency power outages from attacks affected hospitals, including in Kyiv city and Zaporizhzhia region. As a result, health care at primary and specialized levels was disrupted: certain services requiring electricity (x-rays, ultrasounds) were suspended; appointments and surgical procedures, including cardiac surgeries, were rescheduled; and healthcare professionals experienced a heavy additional burden as they struggled to deliver services during emergency power outages.



Schools in Kyiv as well as some other communities were forced to close for two weeks in January because classrooms were cold and dark. In some communities, schools offered distance learning, but long electricity outages made online attendance difficult.



Those with limited or no mobility living above ground floors were confined to their homes during extended power outages when elevators could not operate, preventing them from reaching mobile heating points where they could warm up and charge their telephones. Social workers, NGOs, and volunteers brought food, drinking water and other support, but some people could no longer remain safely in their own homes. Extended electricity and heating outages also created additional financial burdens for families or individuals with low incomes, due to the need to purchase electric heating appliances, power banks and hot meals.

Disruptions to power, heating and water undermined access to adequate housing, healthcare and education, with a disproportionate impact on persons in situations of vulnerability, particularly older persons, persons with limited or no mobility, and those with limited income.

In some cases, people resorted to unsafe coping mechanisms. "What's the choice if there is no heating?" asked a 73-year-old woman who let her gas stove burn throughout the day to heat her room, which was only 13°C .

"Elevators are not working [during power cuts]. I see people with heart conditions trying to climb stairs, moving slowly and gasping for breath ... For those with heart conditions, it is very dangerous, and can be life-threatening." – A cardiologist working in the hospital.

A 19-year-old university student in Kyiv shared her challenges in trying to study art after even online lectures were canceled, and she could not get a connection to take online exams.

An 86-year-old woman living alone on the 10th floor of a high-rise building experienced extended electricity outages, up to 16 hours per day. She had no heat during electricity cuts, and her apartment was very cold. To reach a heating point, she had to descend 10 flights of stairs with her cane.

CIVILIAN CASUALTIES: REPRESENTATIVE INCIDENTS



On 9 January, a large-scale missile and drone attack killed 5 civilians (4 men and 1 woman) and injured 23 (16 men and 7 women) in Kyiv City. 10 of those killed and injured were medical and emergency workers who were at the scene of the attack when a subsequent strike occurred.



Daily attacks with powerful artillery systems and short-range drones on Kherson City led to at least 19 civilians killed (15 men and 4 women) and 99 injured (48 women, 45 men, 3 girls, and 3 boys).



Multiple attacks on Kharkiv City killed 6 civilians (3 women, 2 men and 1 boy) and injured at least 65 (35 women, 27 men, 2 girls, and 1 boy), including at least 3 energy workers.



At least 6 attacks on Kryvyi Rih, Dnipropetrovsk region, killed 3 civilians (2 women and 1 man) and injured at least 52 (30 women, 13 men, 6 boys and 3 girls).



On 22 January, a loitering munition attack in Cherkaske, Donetsk region, killed 5 civilians (2 men, 2 women, and 1 boy) and injured 4 (3 girls and 1 woman), all of whom were members of two families whose private houses were destroyed.



"The drone hit almost exactly where my colleague was standing near the ambulances. The force of the blast threw me several meters and I lost consciousness. When I woke up, we tried to provide him with medical aid, but his injuries were incompatible with life. I sustained a concussion and multiple contusions and am continuing treatment now."

— a medical worker describing an attack on Kyiv on 9 January 2026.

CIVILIAN CASUALTIES SINCE 24 FEBRUARY 2022

56,550

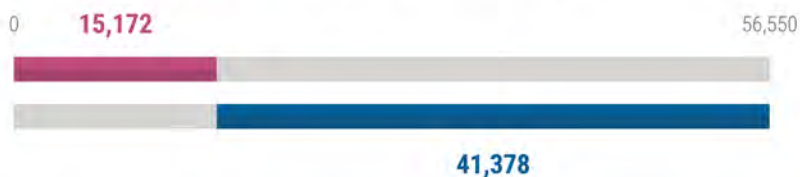
total civilian casualties



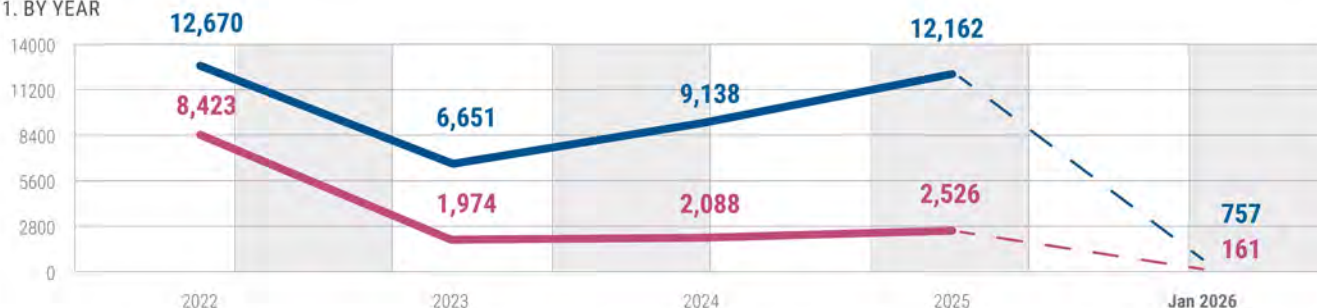
killed



injured



1. BY YEAR



2. BY MONTHS*

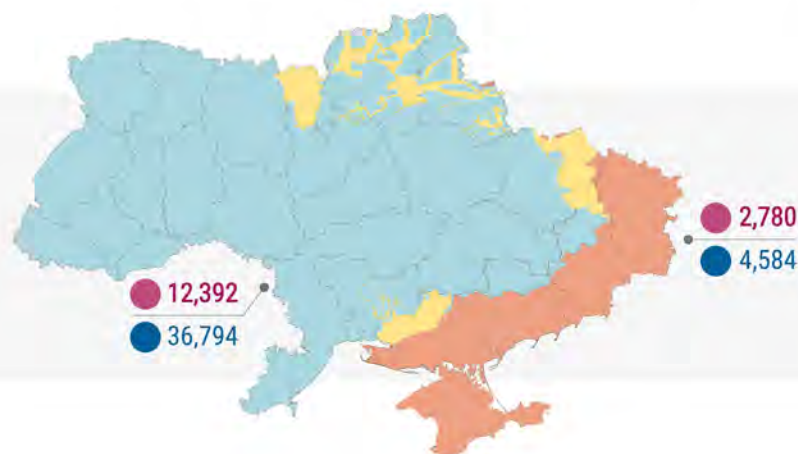


*The data on killed and injured civilians in this update is presented for the period since 24 February 2022.

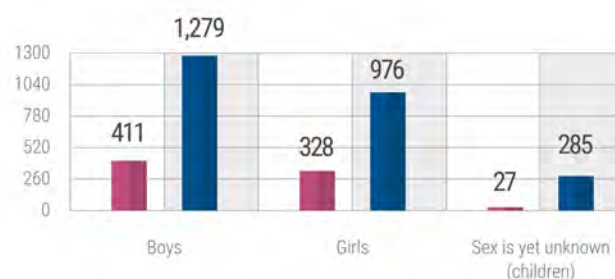
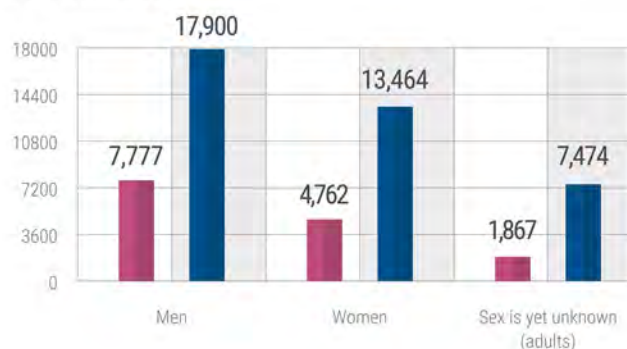
3. BY TERRITORY WHERE THEY OCCURRED**

- controlled by the Government
- occupied by the Russian Federation
- areas over which Ukraine has regained control since 24 February 2022

**Civilian casualty data on this map is presented by territory of control at the time of death or injury. Control of these areas may have changed since the incident occurred.



4. BY AGE AND SEX





THE UN HUMAN RIGHTS MONITORING MISSION IN UKRAINE

HRMMU collects information about civilian harm from conflict-related violence from a wide range of sources, including through interviews with victims, their relatives, and witnesses; open-source information, including photo and video material; forensic records and reports; criminal investigation materials; court documents; reports by international and national non-governmental organisations; public reports by law enforcement and military actors; data from medical facilities and local authorities.

All sources and information are assessed for their relevance and credibility and cross-checked against other information. In some instances, corroboration takes time. This means that as more information becomes available, conclusions on civilian casualties may be revised and numbers may change.

Statistics presented in the current update are based on individual records of civilian harm where the “reasonable grounds to believe” standard of proof was met, namely where, based on a body of verified information, an ordinarily prudent observer would have reasonable grounds to believe that the harm took place as described. HRMMU refers to information that meets this criterion as “verified.” When HRMMU has not yet verified a casualty or reported an individual case of death or injury, it does not necessarily mean that HRMMU has established the individual as an active member of an armed group or as someone who directly participated in hostilities. In many cases, the non-designation of an individual as a civilian reflects a lack of information, rather than a confirmation the individual’s status as a combatant.

The actual extent of civilian harm – both casualties and infrastructure damage – is likely considerably higher as many reports of civilian harm, particularly from the period immediately after the full-scale armed attack of 24 February 2022, have not been possible to verify due to the large number of reports and the lack of access to relevant areas. The number of civilian casualties is likely particularly undercounted in cities such as Mariupol (Donetsk region), Lysychansk, Popasna, and Sievierodonetsk (Luhansk region), where there was protracted intensive fighting at the start of the armed attack in 2022.

1. 907 civilian casualties in territory controlled by Ukraine and 11 in territory occupied by the Russian Federation.
2. The actual number might be higher as some reports are still pending confirmation.
3. In comparison with the previous update, an increase in total figures in this update is not only due to casualties that occurred in the reporting period, but also to the corroboration by OHCHR of cases that occurred before the reporting period.