



# National Weather Service

## Definitions for EXTREME HEAT

**HEAT INDEX** is what the temperature feels like based on both air temperature and humidity

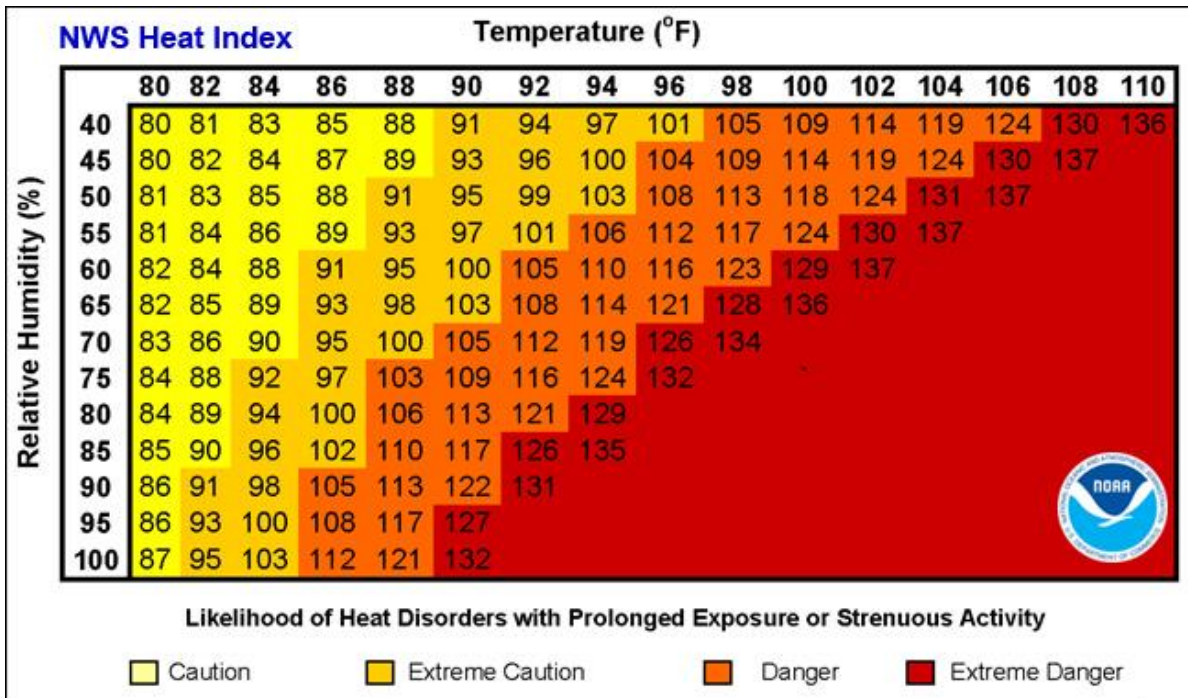
**HEAT ADVISORY: Dangerous heat conditions expected**

- Heat Indices of 95 degrees or more for 2 consecutive hours
  - Eastern New York
  - Southern Vermont
  
- Heat Indices 95-99 degrees for 2 consecutive days or 100-104 degrees for any duration
  - Berkshires
  - Litchfield County

**EXCESSIVE HEAT WATCH: Extremely dangerous heat conditions possible**

**EXCESSIVE HEAT WARNING: Extremely dangerous heat conditions expected**

- Heat indices of 105+ degrees for at least 2 consecutive hours





# National Weather Service

## Definitions for EXTREME HEAT

### Heat can escalate quickly.

Warm temperatures can quickly become dangerous. Heat is one of the most deadly weather hazards — don't underestimate it.



**NEVER** leave people or pets alone in a closed car



Drink plenty of water, even if you don't feel thirsty



Wear loose-fitting, light-colored clothing



Spend time in air conditioning and in the shade



weather.gov



## Heat Exhaustion

### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Dizziness*

*Thirst*

*Heavy Sweating*

*Nausea*

*Weakness*



## Heat Stroke

### ACT FAST

# CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Confusion*

*Dizziness*

*Becomes Unconscious*

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*



Stay Cool, Stay Hydrated, Stay Informed!

