**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

N	NWS Heat Index						Temperature (°F)										
Γ		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
- 1	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
٠l	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
П	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
1	90	86	91	98	105	113	122	131								ne	ARI
1	95	86	93	100	108	117	127										
-	100	87	95	103	112	121	132										
			Like	lihood	of He	at Dis	order	s with	Prolo	nged E	xposı	ıre or	Strenu	ious A	ctivity	,	
			autio	on		Extreme Caution						Danger		■ E>	ktreme	Dange	er



# **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

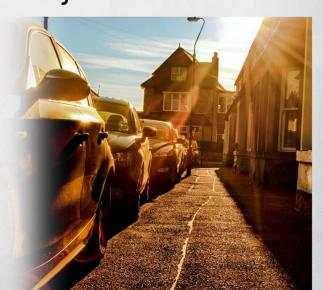


Wear loose-fitting, light-colored clothing



Spend time in air conditioning and in the shade





## **Heat Exhaustion**

## **Heat Stroke**

#### **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



Confusion

**Dizziness** 

Becomes Unconscious



- **CALL 911** Move person to
- a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

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!

