



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

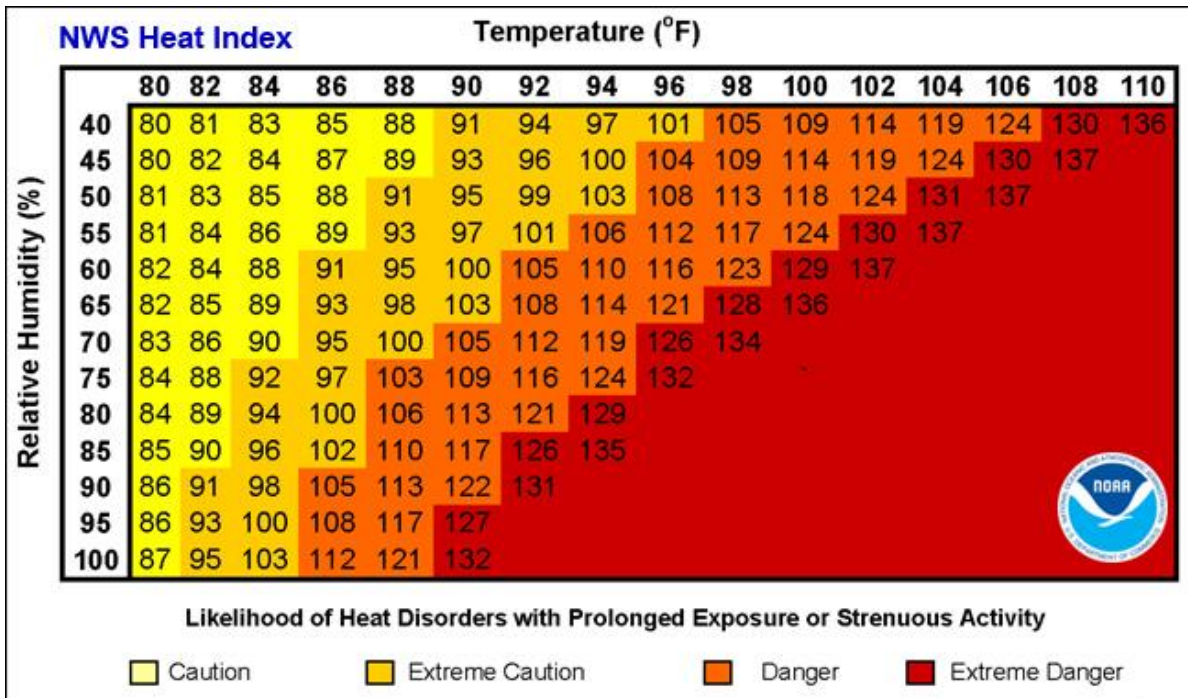
- Heat Indices of 95 degrees or more for 2 consecutive hours
 - Eastern New York
 - Southern Vermont

- 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





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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



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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!

