

NOUS41 KWBC 211510
PNSWSH

PUBLIC INFORMATION STATEMENT
NATIONAL WEATHER SERVICE HEADQUARTERS WASHINGTON DC
1110 AM EDT THU MAY 21 2009

TO: SUBSCRIBERS:
-FAMILY OF SERVICES
-NOAA WEATHER WIRE SERVICE
-EMERGENCY MANAGERS WEATHER INFORMATION NETWORK
-NOAAPORT
OTHER NWS PARTNERS...USERS AND EMPLOYEES

FROM: ELI JACKS
CHIEF...FIRE AND PUBLIC WEATHER SERVICES BRANCH

SUBJECT: EXCESSIVE HEAT GUIDANCE FOR 2009 SEASON

THE OFFICIAL START OF SUMMER IS ABOUT A MONTH AWAY...BUT IT IS NOT UNUSUAL TO EXPERIENCE EXTREME HEAT BEFORE MEMORIAL DAY WEEKEND. IN FACT...DURING THE LAST WEEK OF APRIL 2009...THE NORTHEAST STATES EXPERIENCED AN EARLY SEASON HEAT WAVE AND EXCEPTIONALLY WARM RECORD-SETTING TEMPERATURES DOMINATED THE SOUTHEAST. NWS WANTS TO REMIND YOU OF AVAILABLE HEAT RELATED ADVISORY AND WARNING PRODUCTS...AND ASSOCIATED SAFETY PRECAUTIONS...FOR THE 2009 SUMMER SEASON.

UNUSUALLY HIGH TEMPERATURES CAN ENDANGER LIVES AND HAVE ADVERSE EFFECTS ON HEALTH. DURING THE AUGUST 2007 HEAT WAVE ACROSS MUCH OF THE CENTRAL AND EASTERN PARTS OF THE SOUTHERN U.S...MORE THAN 50 HEAT-RELATED DEATHS OCCURRED...ACCORDING TO THE NATIONAL CLIMATIC DATA CENTER. HEAT IS A SILENT KILLER THAT DOES NOT HAVE THE SAME VISUAL IMPACT AS OTHER WEATHER HAZARDS SUCH AS TORNADOES AND HURRICANES. HOWEVER...MEASURES CAN BE TAKEN TO HELP AVOID THE DEVASTATING EFFECTS OF EXCESSIVE HEAT.

BASED ON 10-YEAR AVERAGES COMPILED BY NWS OFFICE OF CLIMATE...WATER AND WEATHER SERVICES AND THE NATIONAL CLIMATIC DATA CENTER...EXCESSIVE HEAT IS THE TOP WEATHER-RELATED KILLER...ACCOUNTING FOR ABOUT 26 PERCENT OF THE FATALITIES DURING THE PERIOD 1998 TO 2007...MORE THAN THE PERCENTAGE OF LIGHTNING...TORNADOES AND WINTER STORMS COMBINED /ABOUT 22 PERCENT/ FOR THAT SAME PERIOD.

NWS COLLABORATES WITH PUBLIC AND PRIVATE SECTOR ORGANIZATIONS...ACADEMIA...THE MEDICAL COMMUNITY AND THE MEDIA TO CREATE AND DELIVER NEW AND ENHANCED EXCESSIVE HEAT PRODUCTS AND SERVICES.

EXTENSIVE INFORMATION ABOUT HEAT WAVES AND HEAT SAFETY CAN BE FOUND ONLINE AT /USE LOWER CASE/:

[HTTP://NOAAWATCH.GOV/THEMES/HEAT.PHP](http://noaaWATCH.GOV/THEMES/HEAT.PHP)

SOME OF THE TOPICS COVERED ON THIS WEBPAGE INCLUDE HEAT SAFETY TIPS...HEAT DISORDERS...AND FIRST AID TIPS PROVIDED BY:

- CENTERS FOR DISEASE CONTROL AND PREVENTION /CDC/
- AMERICAN RED CROSS
- ENVIRONMENTAL PROTECTION AGENCY /EPA/
- U.S. DEPARTMENT OF HOMELAND SECURITY /DHS/
- NATIONAL WEATHER SERVICE /NWS/

DETAILS ON THE HEALTH SYMPTOMS ASSOCIATED WITH EXCESSIVE HEAT ARE ALSO FOUND ON THIS SITE.

ELDERLY PERSONS...SMALL CHILDREN...CHRONIC INVALIDS...THOSE ON CERTAIN MEDICATIONS OR DRUGS AND PERSONS WITH WEIGHT AND ALCOHOL PROBLEMS ARE PARTICULARLY SUSCEPTIBLE TO HEAT REACTIONS...ESPECIALLY DURING HEAT WAVES IN AREAS WHERE EXCESSIVE HEAT IS RARE.

THE FOLLOWING HEAT WAVE SAFETY TIPS ARE RECOMMENDED:

1. SLOW DOWN. STRENUOUS ACTIVITIES SHOULD BE REDUCED...ELIMINATED OR RESCHEDULED TO THE COOLEST TIME OF THE DAY.
2. DRESS IN LIGHTWEIGHT LIGHT-COLORED CLOTHING TO REFLECT HEAT AND SUNLIGHT.
3. DRINK PLENTY OF WATER OR OTHER NON-ALCOHOLIC FLUIDS. DRINKING ALCOHOLIC BEVERAGES SHOULD BE AVOIDED.
4. DO NOT TAKE SALT TABLETS UNLESS DIRECTED TO BY A PHYSICIAN.
5. SPEND MORE TIME IN AIR-CONDITIONED PLACES.
6. AVOID PROLONGED EXPOSURE TO THE SUN.
7. NEVER LEAVE ANY PERSON OR PET IN A CLOSED...PARKED VEHICLE.

AN EXCESSIVE HEAT EVENTS GUIDEBOOK...DEVELOPED BY THE EPA IN 2006 IN COLLABORATION WITH THE NWS...CDC AND DHS...PROVIDES GUIDANCE THAT COMMUNITIES CAN USE TO DEVELOP MITIGATION PLANS. THIS GUIDEBOOK IS AVAILABLE ONLINE AT /USE LOWER CASE/:

[HTTP://WWW.EPA.GOV/HEATISLAND/ABOUT/HEATGUIDEBOOK.HTML](http://www.epa.gov/heatisland/about/heatguidebook.html)

INFORMATION ON CURRENT HEAT AND OTHER WEATHER HAZARDS NATIONWIDE IS AVAILABLE ONLINE AT /USE LOWER CASE/:

[HTTP://WWW.WEATHER.GOV](http://www.weather.gov)

EDUCATE YOURSELF AND THE PUBLIC ON THE DANGERS OF EXCESSIVE HEAT AND WHAT PREVENTIVE MEASURES TO TAKE TO AVOID HEAT-RELATED ILLNESSES OR DEATHS. YOU MAY HELP SAVE LIVES.

FOR FURTHER INFORMATION...PLEASE CONTACT:

JANNIE G. FERRELL

JANNIE.G.FERRELL@NOAA.GOV

301-713-1867 EXT. 135

NATIONAL PUBLIC INFORMATION STATEMENTS ARE ONLINE AT /USE LOWER CASE/:

[HTTPS://WWW.WEATHER.GOV/NOTIFICATION/ARCHIVE](https://www.weather.gov/notification/archive)

\$\$

NNNN