



Heat Advisory

Heat wave terms

Heat Index or "Apparent Temperature" - An estimate of the temperature that the body feels when the effects of heat and humidity are combined. Note that exposure to direct sunlight can increase the heat index by as much as 15° Fahrenheit.

Excessive Heat Outlook - A heat wave may develop in the next 3 to 7 days.

Excessive Heat Watch - Conditions are favorable for a heat wave (high Heat Index) in the next 12 to 48 hours.

Heat Advisory - An uncomfortable, potentially dangerous heat wave (daytime highs = 100-105° F) is forecast within the next 36 hours.

Excessive Heat Warning - A dangerous heat wave (daytime highs = 105-110° F) is forecast within the next 36 hours.

Consider others

Extreme heat can be especially hard on children and the elderly. Never leave them in a closed vehicle even for brief periods of time. Consider the elderly and people with chronic medication conditions. Adjusting to temperature changes may be especially hard for them; so be alert to their special needs. Check on elderly friends and neighbors and others who are at risk of heat-related illnesses at least twice a day.

Be prepared



If you have air-conditioning make sure it works properly.



Weather-strip doors and sills to keep cool air in.



Prepare temporary window reflectors between windows and drapes.

In the event of extreme heat



Limit outdoor activity to morning and evening hours.



Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour.



Try to rest often in shady areas.

Consider pets



Make sure pets have plenty of water and access to shade or cooler environments.



Be careful not to over-exert any pets during outdoor activities.



Never leave pets in a closed vehicle, even for very short periods.