

# Dangerous Heat Conditions

**Decision Support Briefing # 5**  
As of: 430 PM Thursday, July 18, 2019

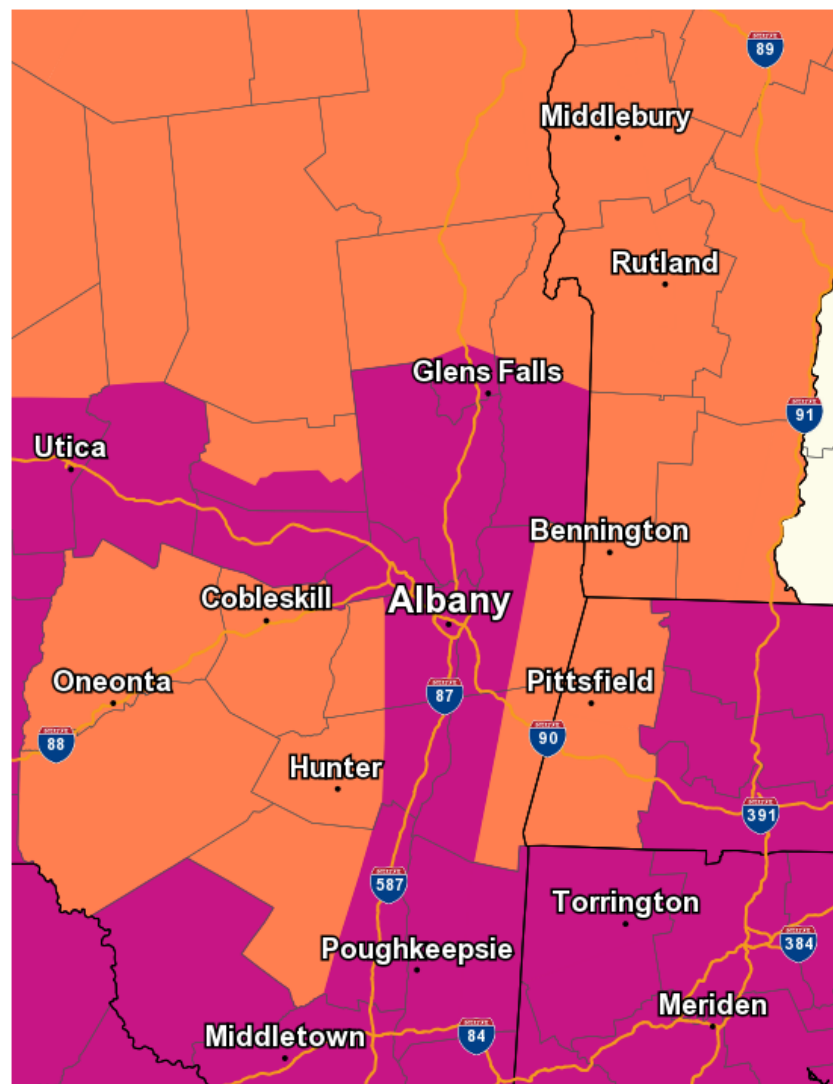
## *What has changed...*

- ✓ Excessive Heat Warning has been issued for Saturday for Hudson River Valley from the Poughkeepsie area north across the Capital District, for the Mohawk Valley, southern Taconics and Litchfield County
- ✓ Heat Advisories have been issued across east central New York and western New England



Excessive Heat

■ Excessive Heat Warning  
■ Heat Advisory

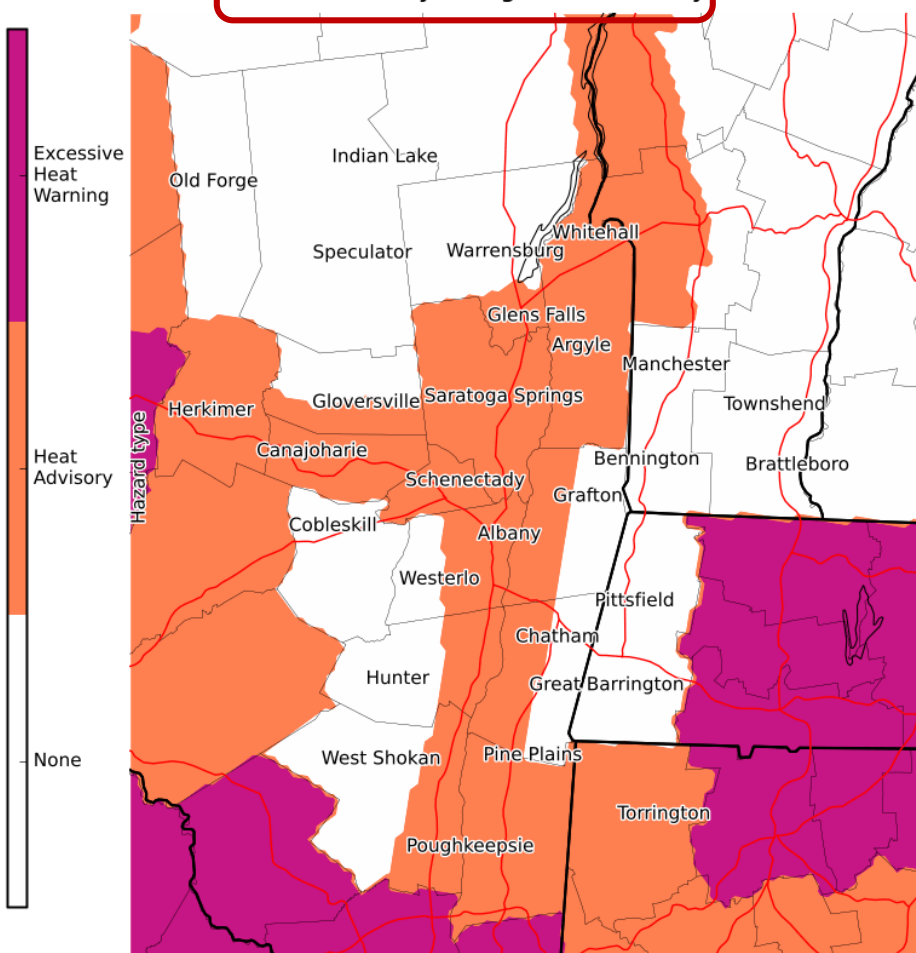


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July 18th, 2019  
4:07 PM EDT



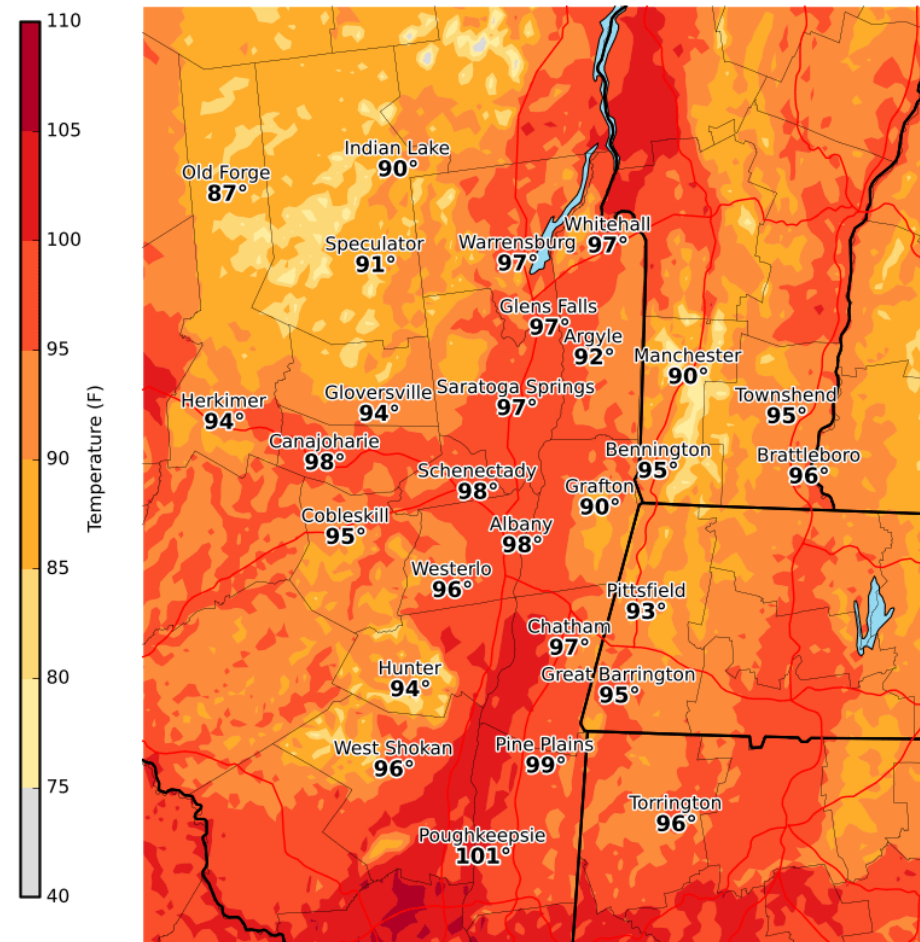
## Heat Headlines

Valid: Noon Friday through Noon Saturday



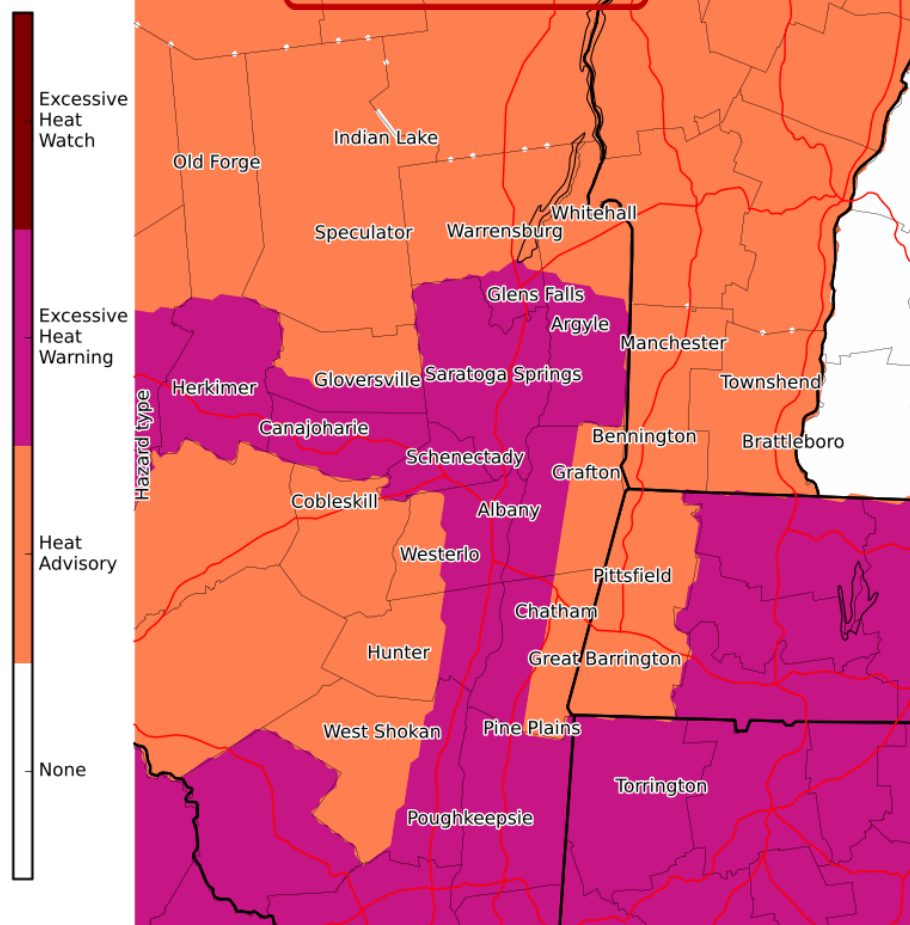
## Peak Apparent Temperature

Valid: Friday, July 19, 2019



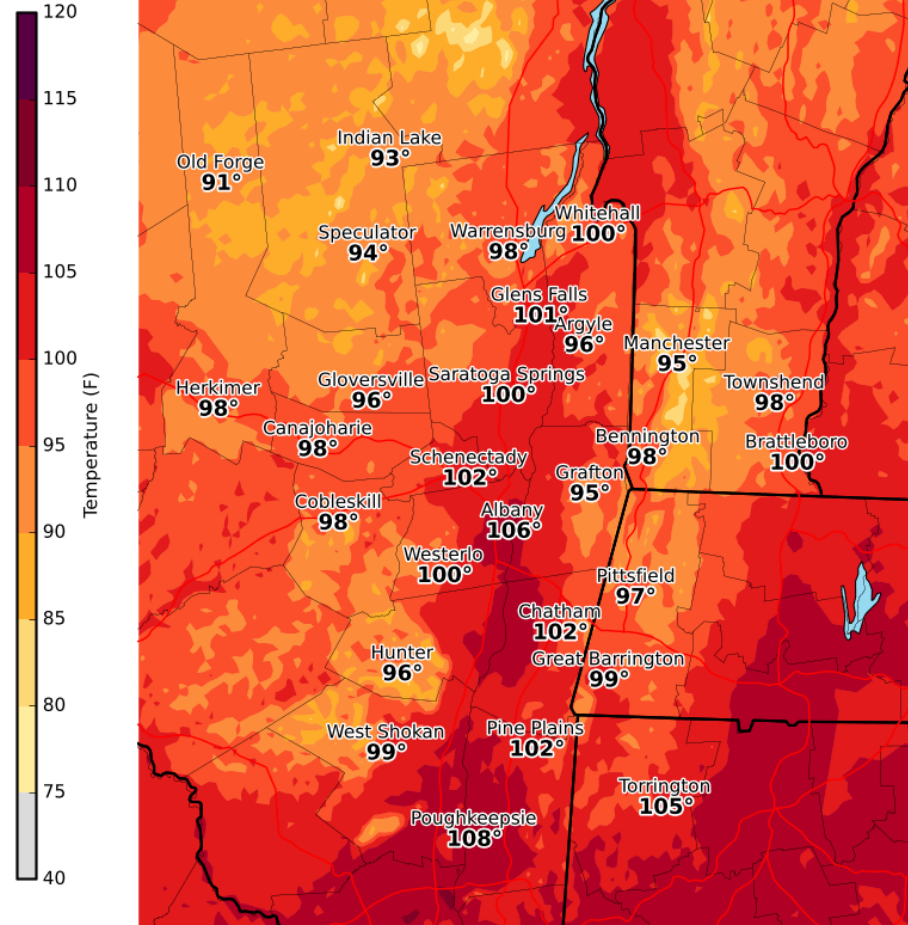
## Heat Headlines

Valid: Saturday Noon to 8 pm



## Peak Apparent Temperature

Valid: Saturday, July 20, 2019



**National Weather Service**  
Albany, New York  
07/18/2019 04:04 PM EDT

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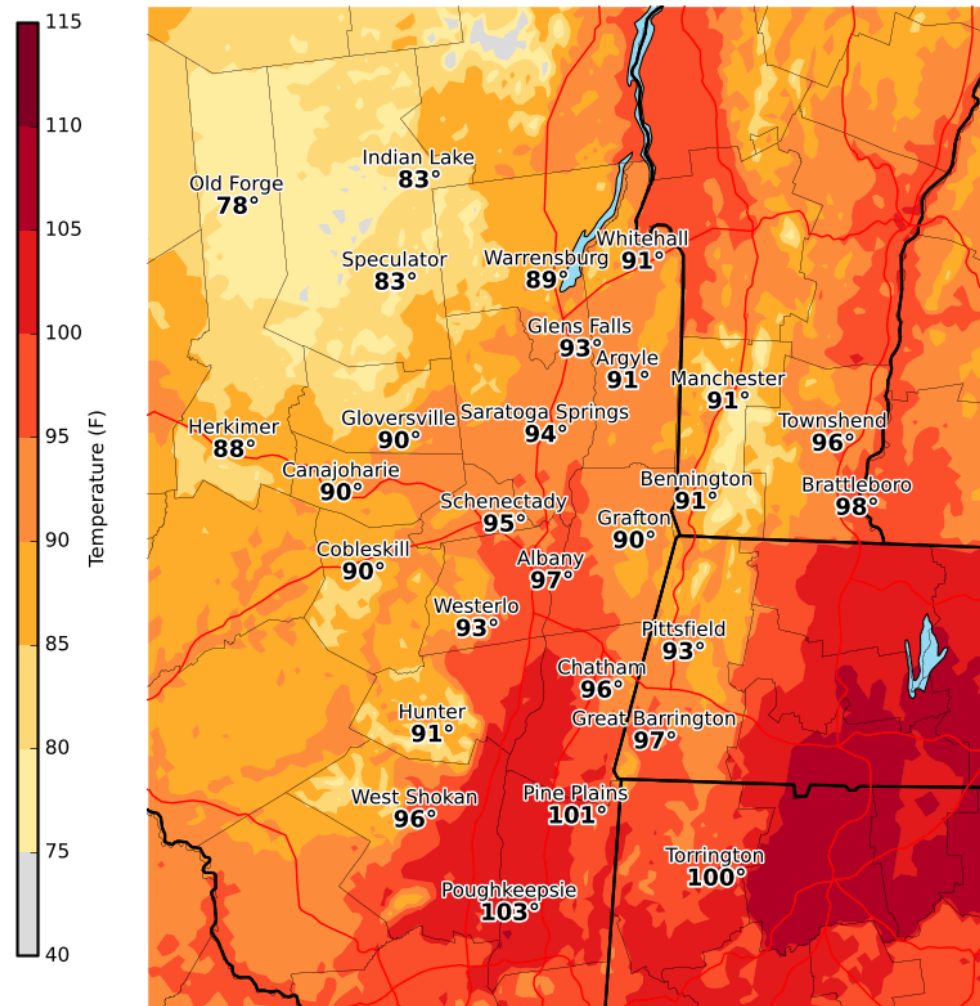




Heat Advisory  
will likely be  
needed  
Sunday

## Peak Apparent Temperature

Valid: Sunday, July 21, 2019



**National Weather Service**  
**Albany, New York**

07/18/2019 03:57 PM EDT

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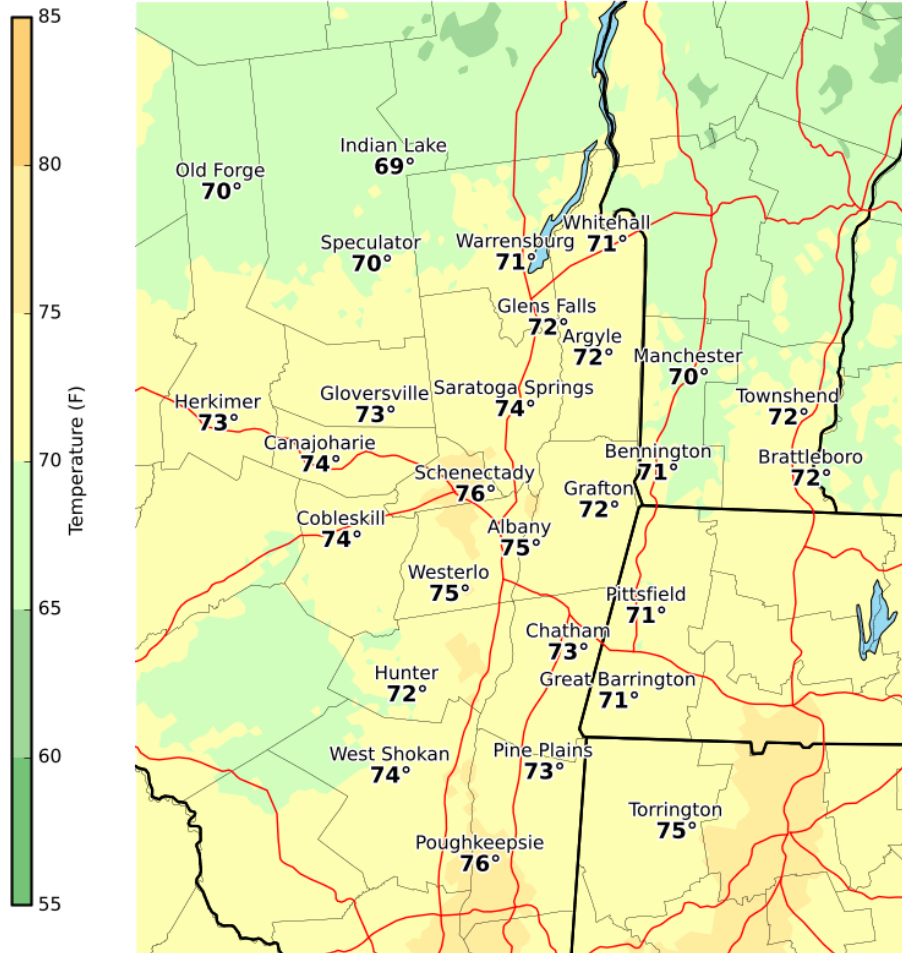
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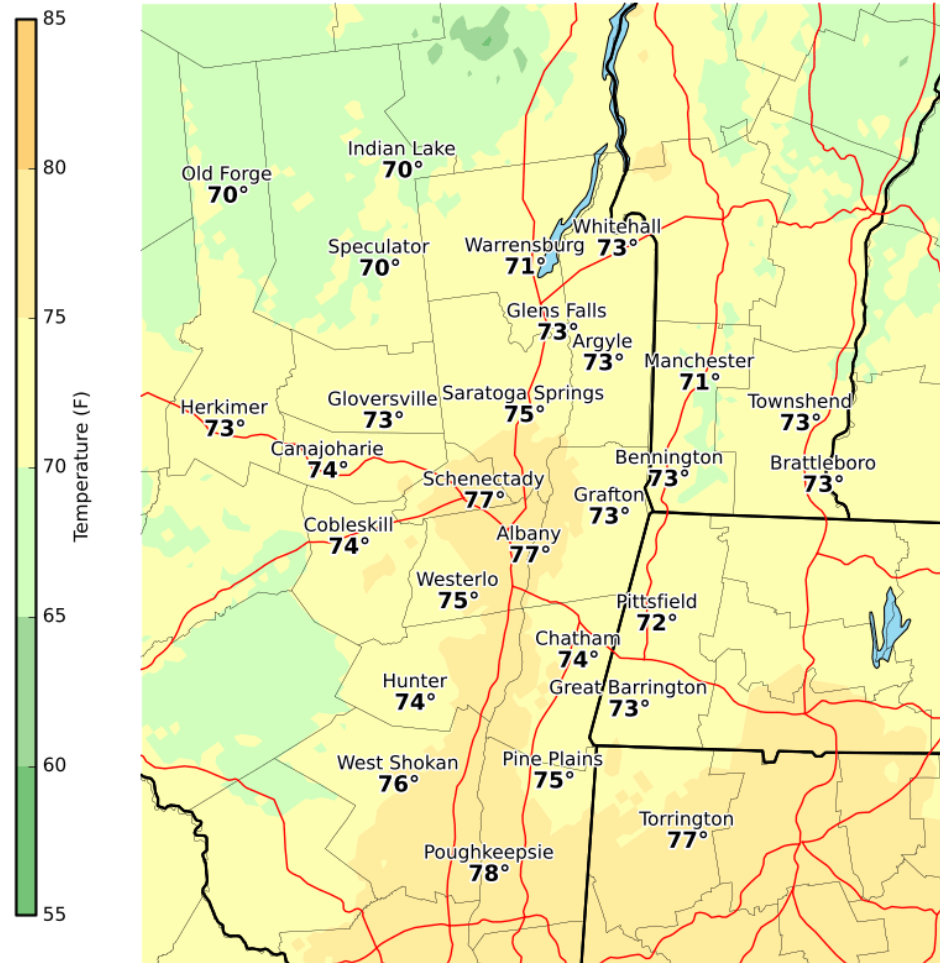
## Lows

Valid: Early Saturday Morning



## Lows

Valid: Early Sunday Morning



**During hot and humid weather, your body's ability to cool itself is challenged.**

**When your body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, you may experience a heat-related illness.**

**Learn the symptoms of excessive heat exposure and the appropriate responses**

| HEAT EXHAUSTION                                                                                                                                                                           |  | OR | HEAT STROKE                                                                                                                                                                                 |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Faint or dizzy                                                                                                                                                                            |  |    | Throbbing headache, confusion                                                                                                                                                               |  |
| Excessive sweating                                                                                                                                                                        |  |    | No sweating                                                                                                                                                                                 |  |
| Cool, pale, clammy skin                                                                                                                                                                   |  |    | Body temperature above 103°<br>Red, hot, dry skin                                                                                                                                           |  |
| Nausea or vomiting                                                                                                                                                                        |  |    | Nausea or vomiting                                                                                                                                                                          |  |
| Rapid, weak pulse                                                                                                                                                                         |  |    | Rapid, strong pulse                                                                                                                                                                         |  |
| Muscle cramps                                                                                                                                                                             |  |    | May lose consciousness                                                                                                                                                                      |  |
| <ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul> |  |    | <p><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>• Move person to cooler place</li> <li>• Cool using cool cloths or bath</li> <li>• Do not give anything to drink</li> </ul> |  |
| @NWSSacramento<br>weather.gov/Sacramento                                                                                                                                                  |  |    | @SacramentoOES<br>SacramentoReady.org                                                                                                                                                       |  |



## Event Summary

- ✓ Hot temperatures combined with high humidity levels will create dangerous heat conditions Friday, Saturday & Sunday with the most oppressive conditions Saturday
- ✓ Early morning low temperatures in the 70s will not provide much relief
- ✓ Additional heat advisories will likely be needed for Sunday

## During **Extreme Heat**



[weather.gov/heat](https://weather.gov/heat)

*Find air conditioning.*

*Avoid strenuous activities.*

*Wear light clothing.*

*Check on family members and neighbors.*

*Drink plenty of water.*




*Watch for heat cramps - exhaustion - stroke.*

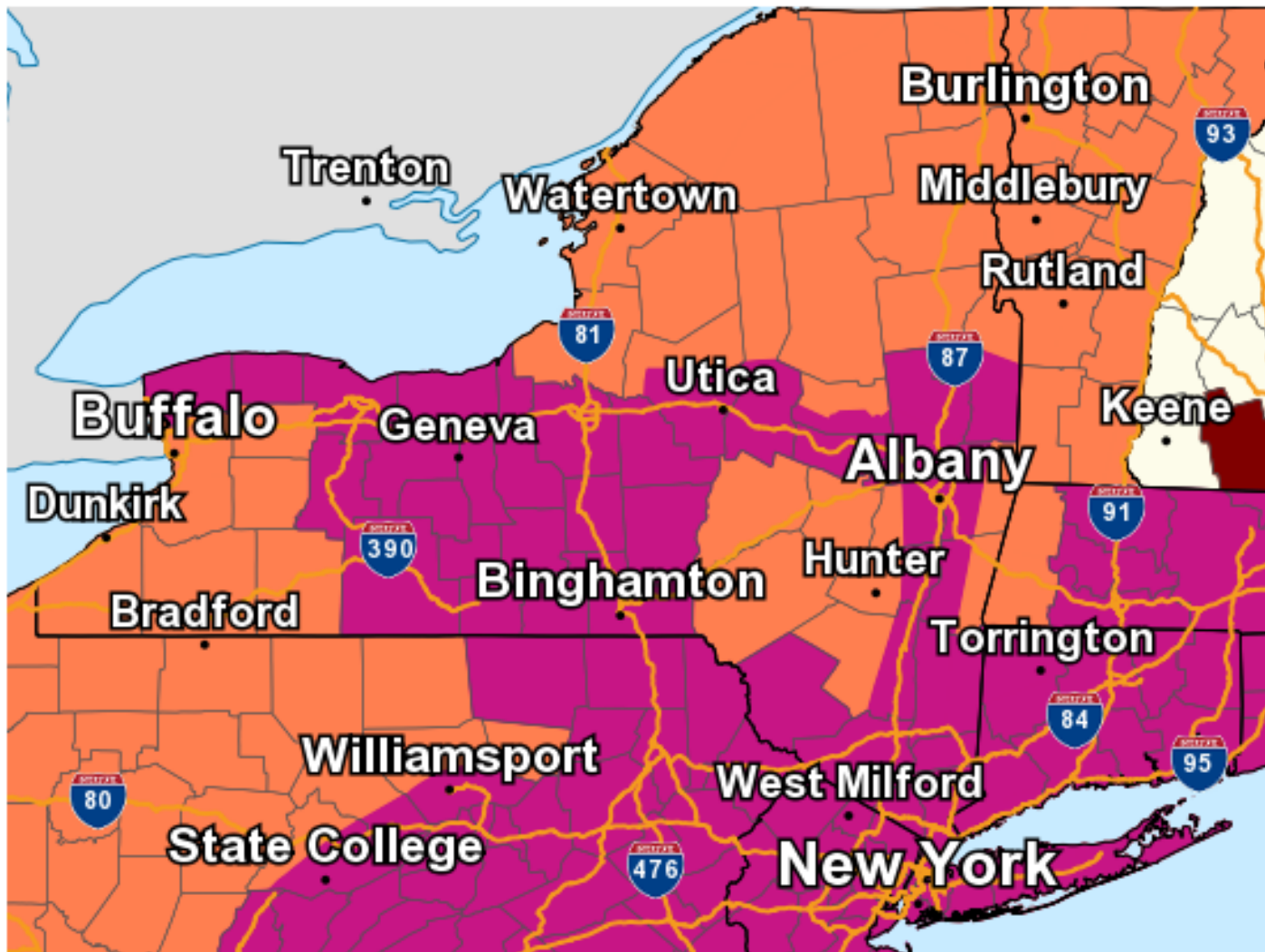
*Never leave people or pets in a closed car.*





## Excessive Heat

-  Excessive Heat Warning
-  Heat Advisory
-  Excessive Heat Watch



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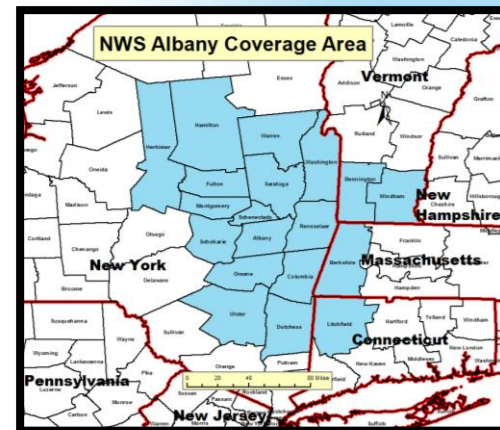




# Contact and Next Briefing Information



**Next Briefing**  
**When: 6 AM Fri, July 19, 2019**  
**Method: E-mail**



**Web:**

<http://weather.gov/aly>



**E-mail:**

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