

Dangerous Heat Conditions Continue

Decision Support Briefing # 7

As of: 4:00 PM Friday, July 19, 2019

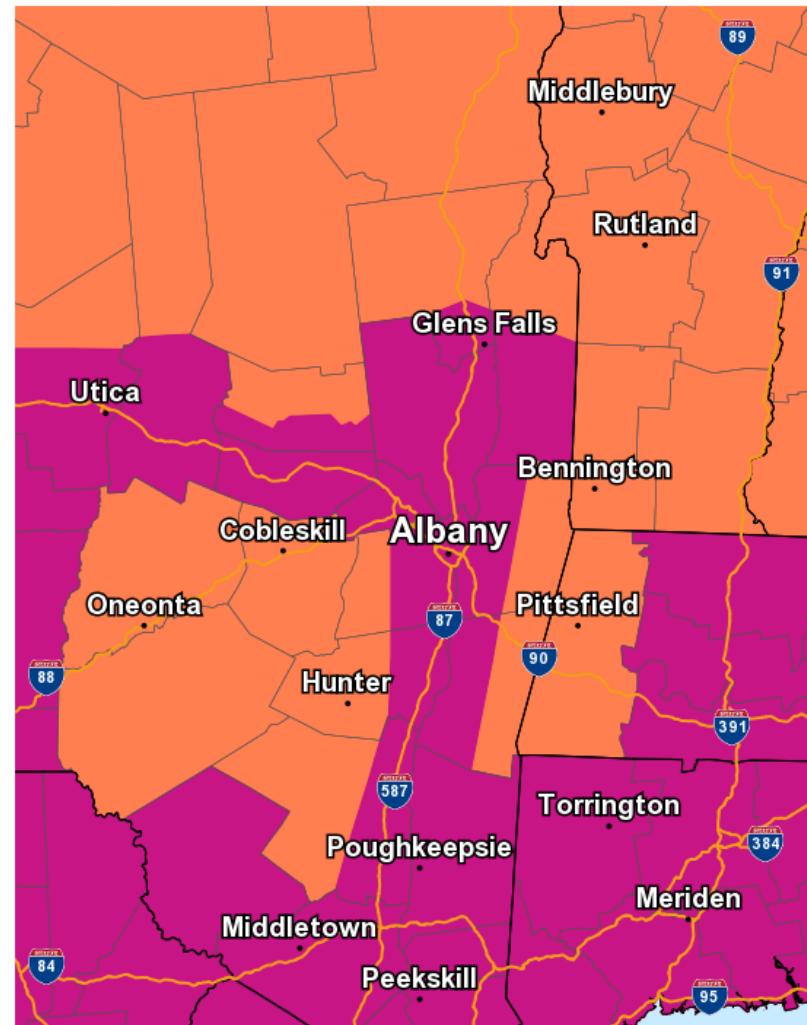
What has changed...

- ✓ Excessive Heat Warning has been extended through Sunday for the mid-Hudson Valley, southern Taconics and Litchfield County
- ✓ Heat Advisory has been extended through Sunday for much of the area



Excessive Heat

■ Excessive Heat Warning
■ Heat Advisory

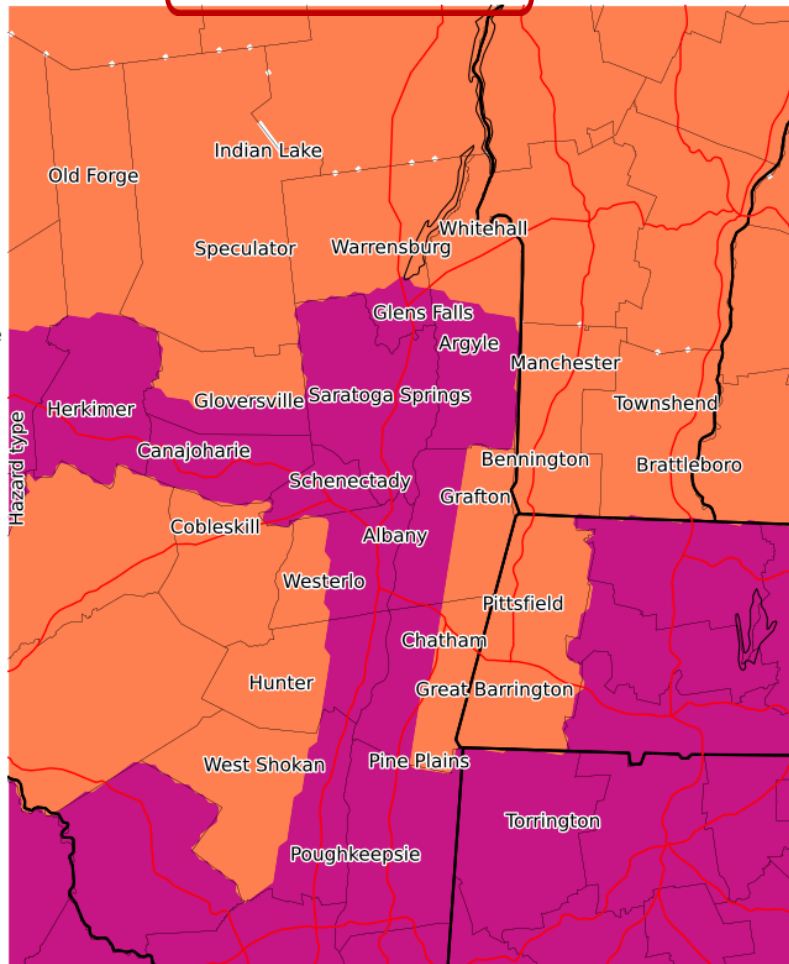


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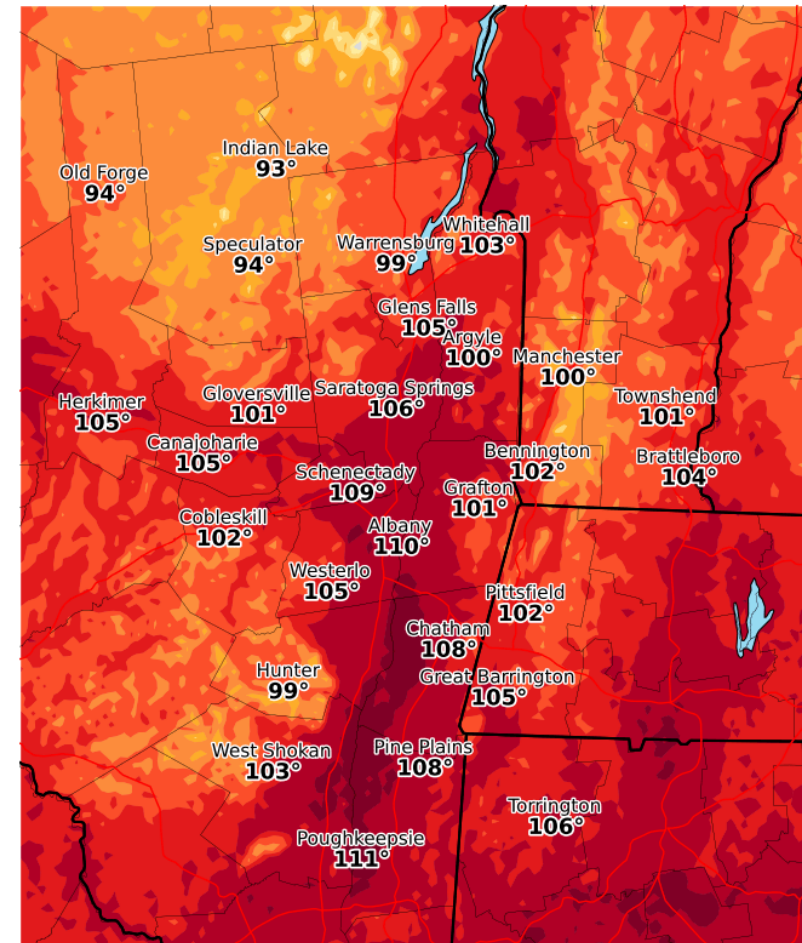
Heat Headlines

Valid: Saturday Noon to 8 pm



Peak Apparent Temperature

Valid: Saturday, July 20, 2019



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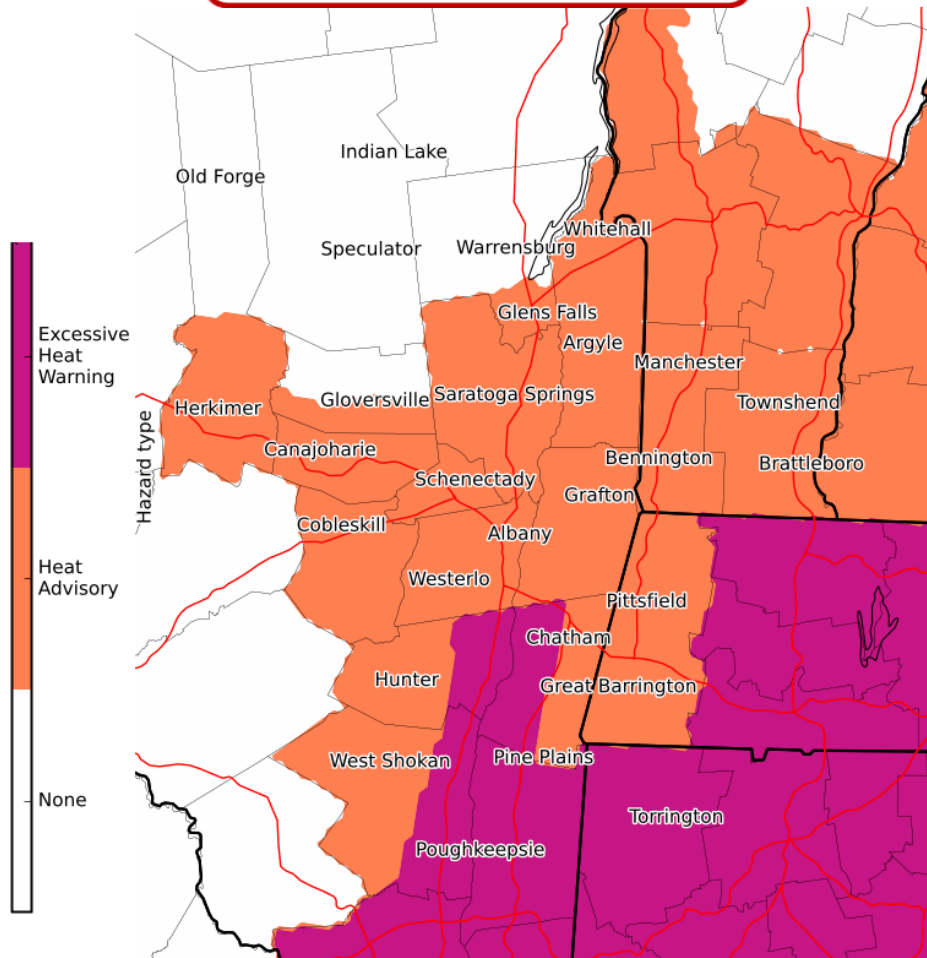


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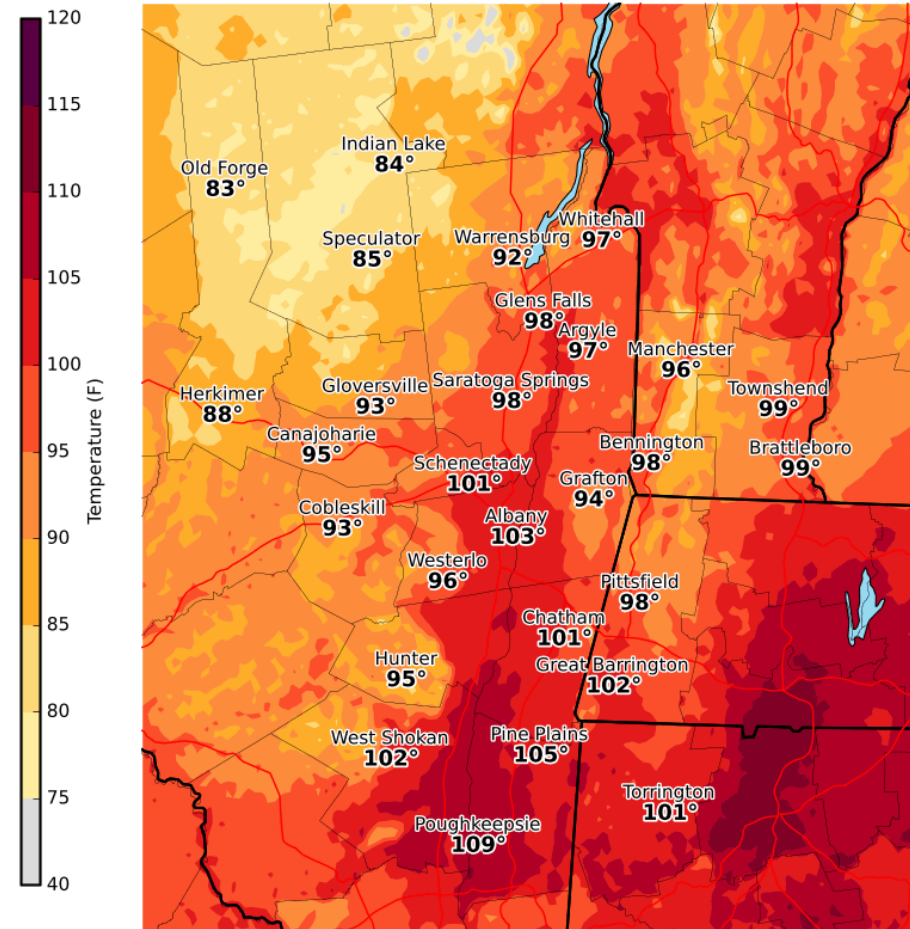
Heat Headlines

Valid: 8 pm Saturday through 8 pm Sunday



Peak Apparent Temperature

Valid: Sunday, July 21, 2019



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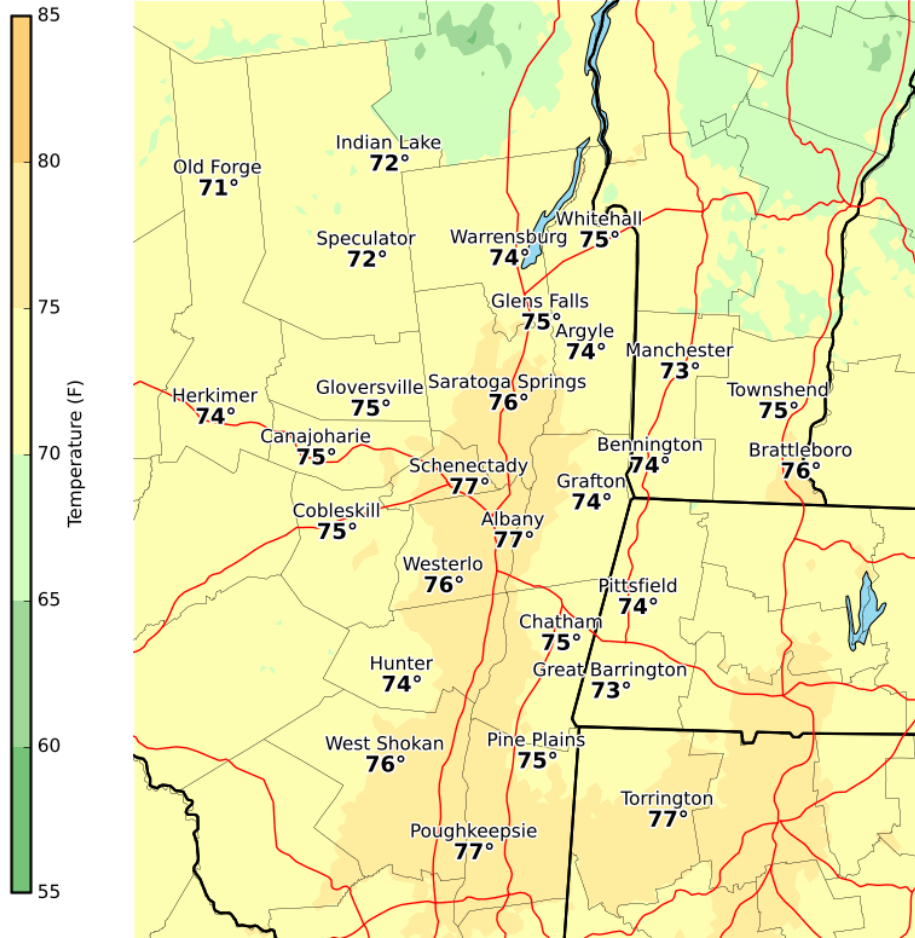
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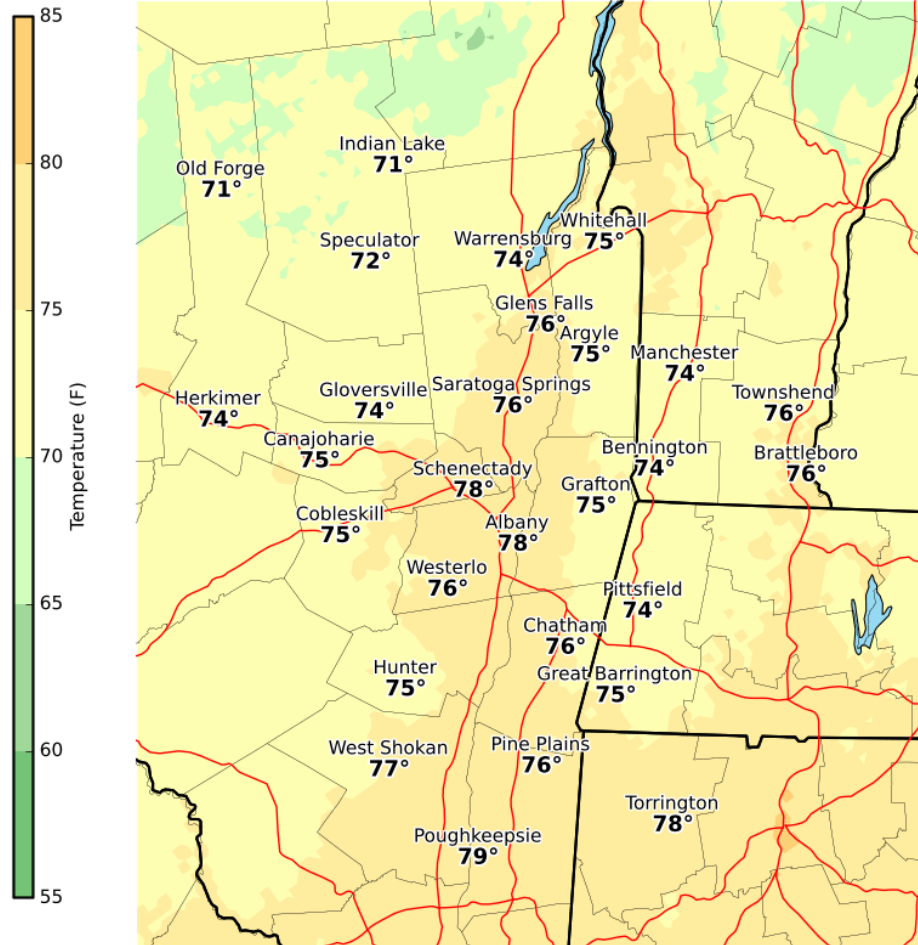
Lows

Valid: Early Saturday Morning



Lows

Valid: Early Sunday Morning



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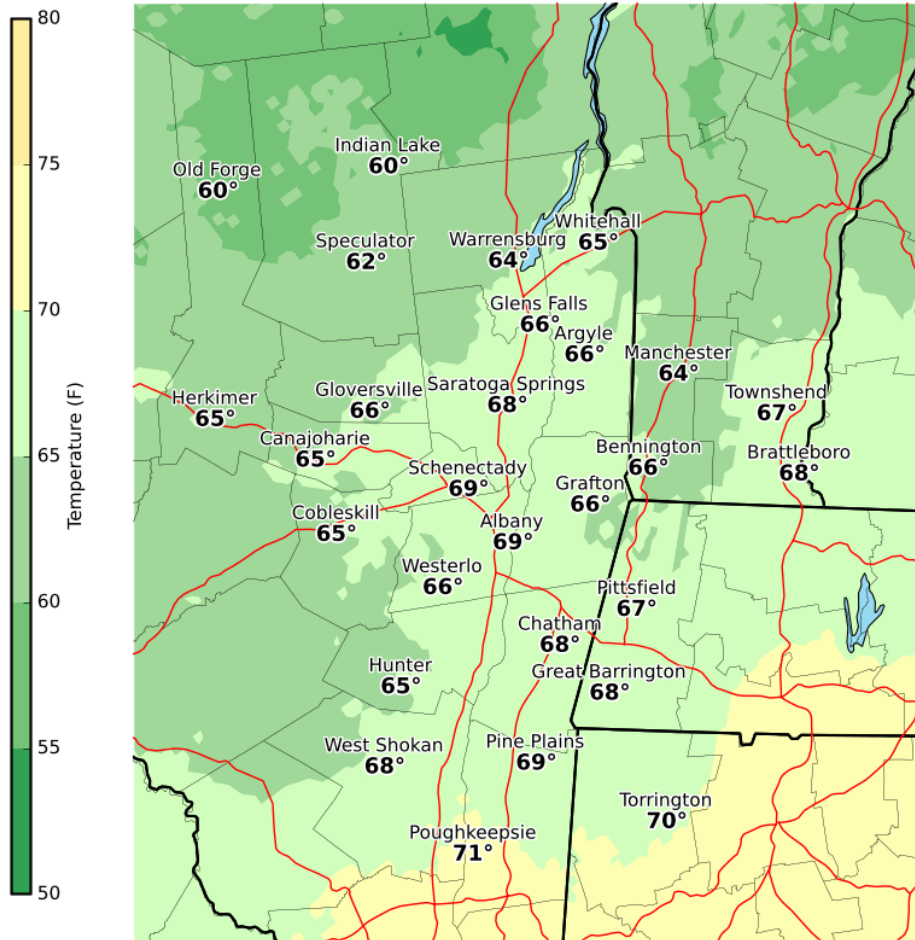
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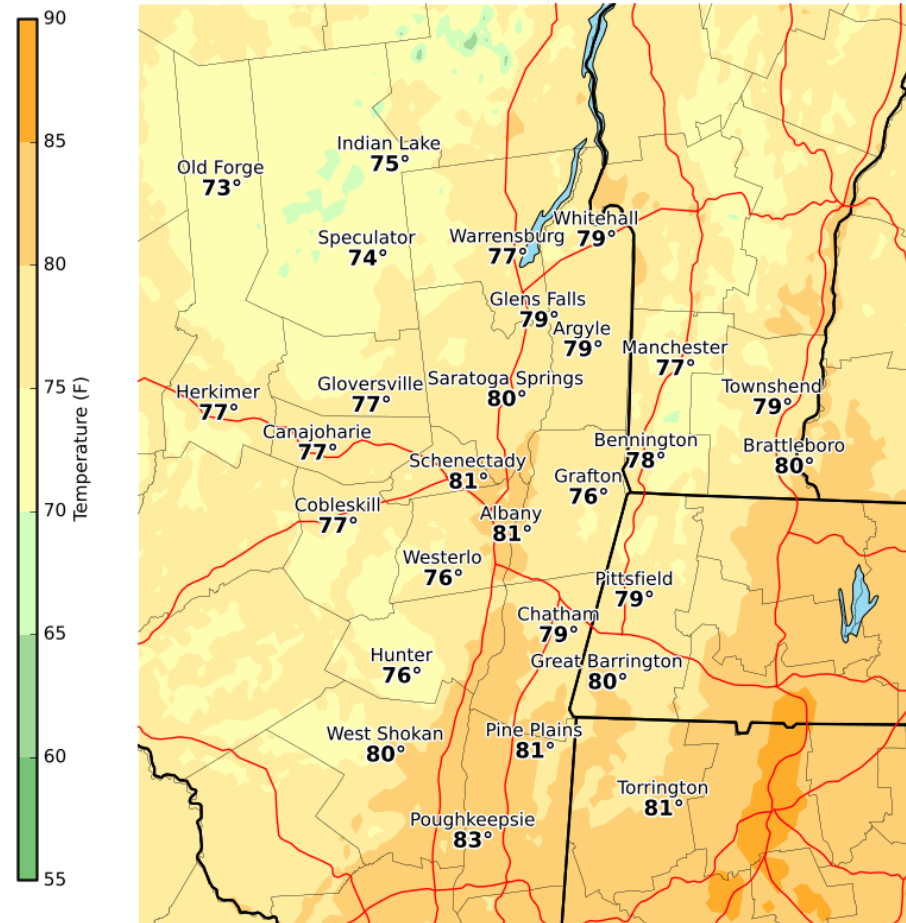
Lows

Valid: Early Monday Morning



Highs

Valid: Monday - July 22, 2019



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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° 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"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 			<p>CALL 9-1-1</p> <ul style="list-style-type: none"> • Move person to cooler place • Cool using cool cloths or bath • Do not give anything to drink 	
@NWSSacramento weather.gov/Sacramento			@SacramentoOES SacramentoReady.org	



Event Summary

- ✓ Dangerous heat conditions will continue through Sunday
- ✓ Saturday the most oppressive day
- ✓ Early morning low temperatures in the 70s will not provide much relief
- ✓ Heat wave will come to an end Sunday night with a passage of a cold front

During **Extreme Heat**



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.

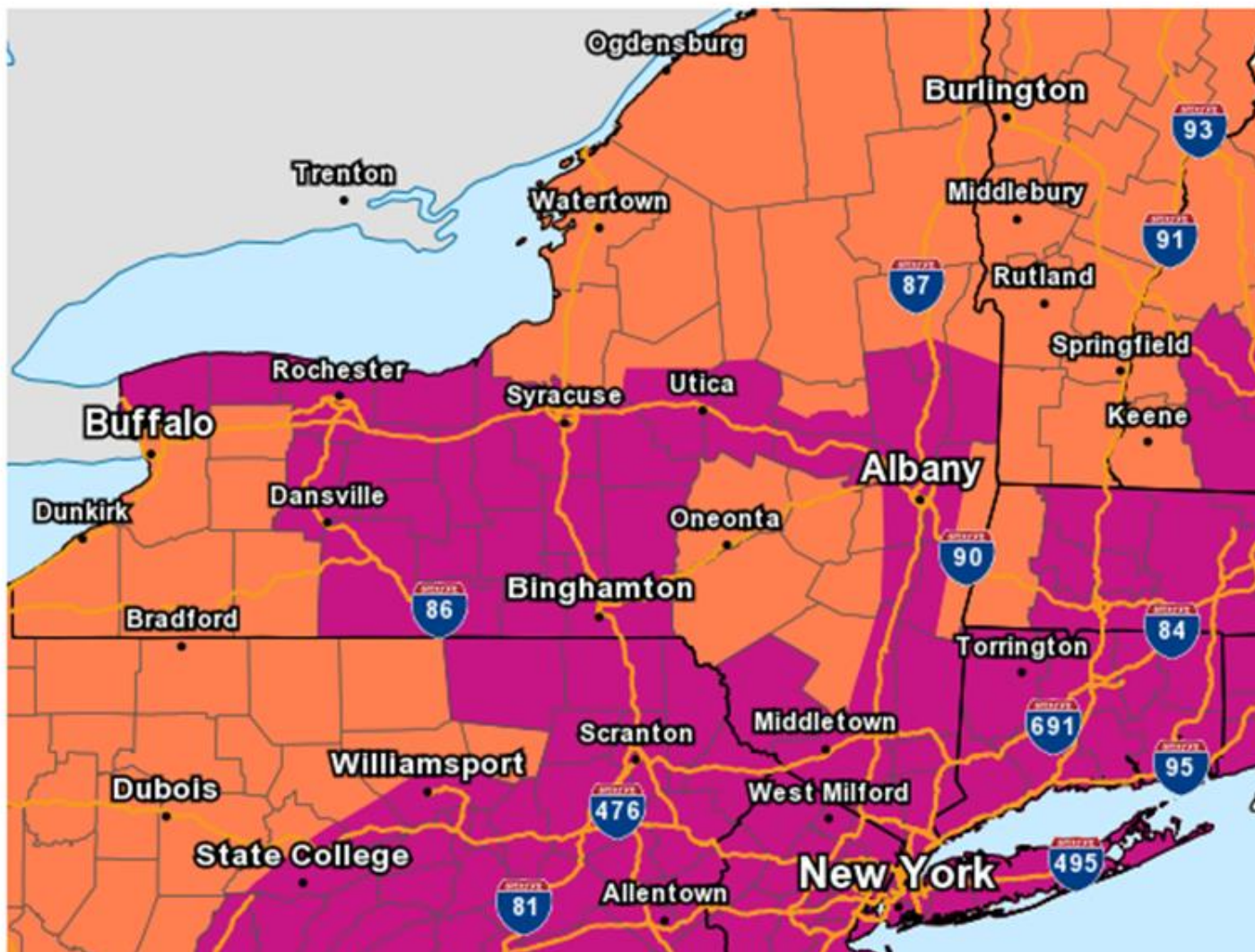
Never leave people or pets in a closed car.





Excessive Heat

- Excessive Heat Warning
- Heat Advisory

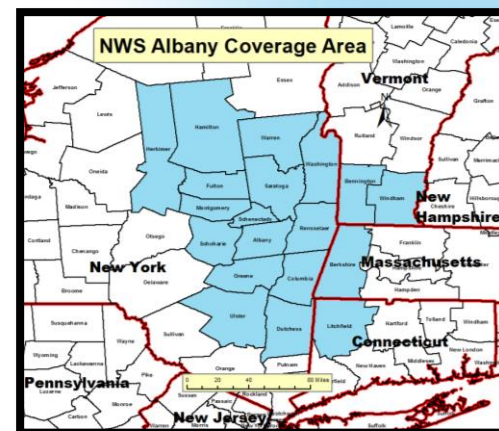


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Contact and Next Briefing Information



Next Briefing
When: By 6 AM Sat, July 20, 2019
Method: E-mail



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