



Excessive Heat

Dangerous Heat Conditions

Decision Support Briefing # 6

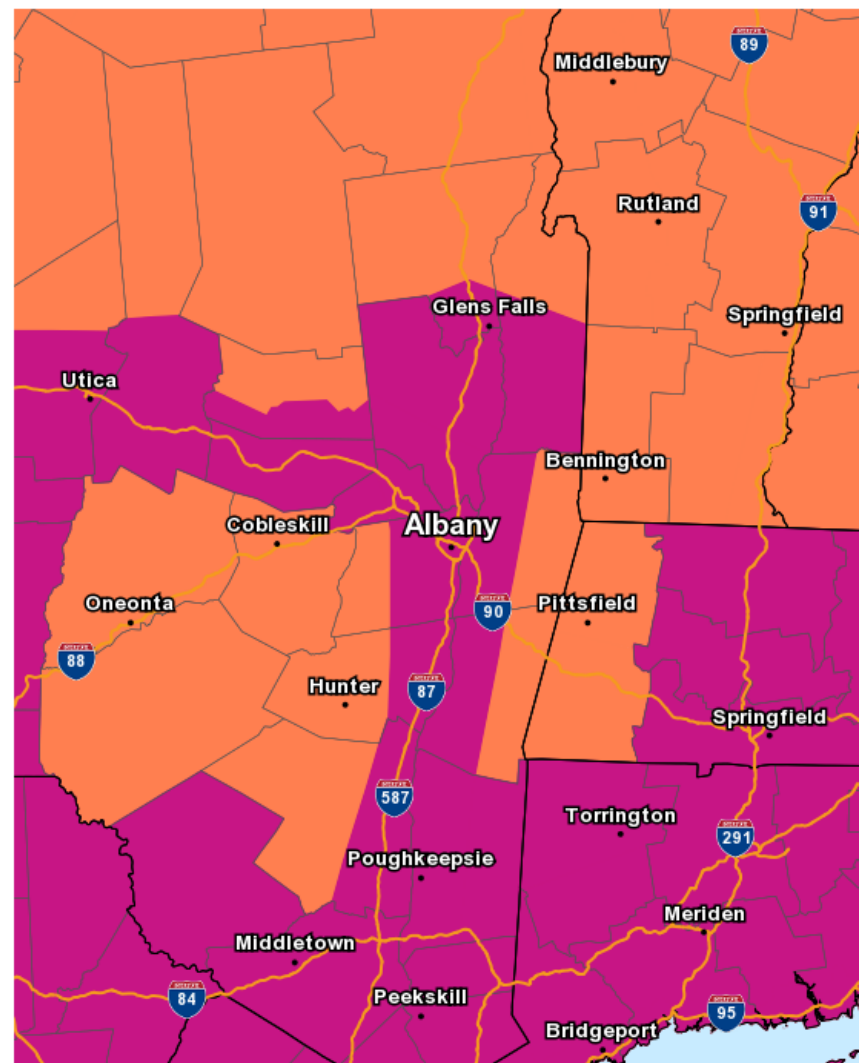
As of: 500 AM Friday, July 19, 2019

What has changed...

- ✓ Heat Advisory expanded to include eastern Windham County in southern Vermont for today

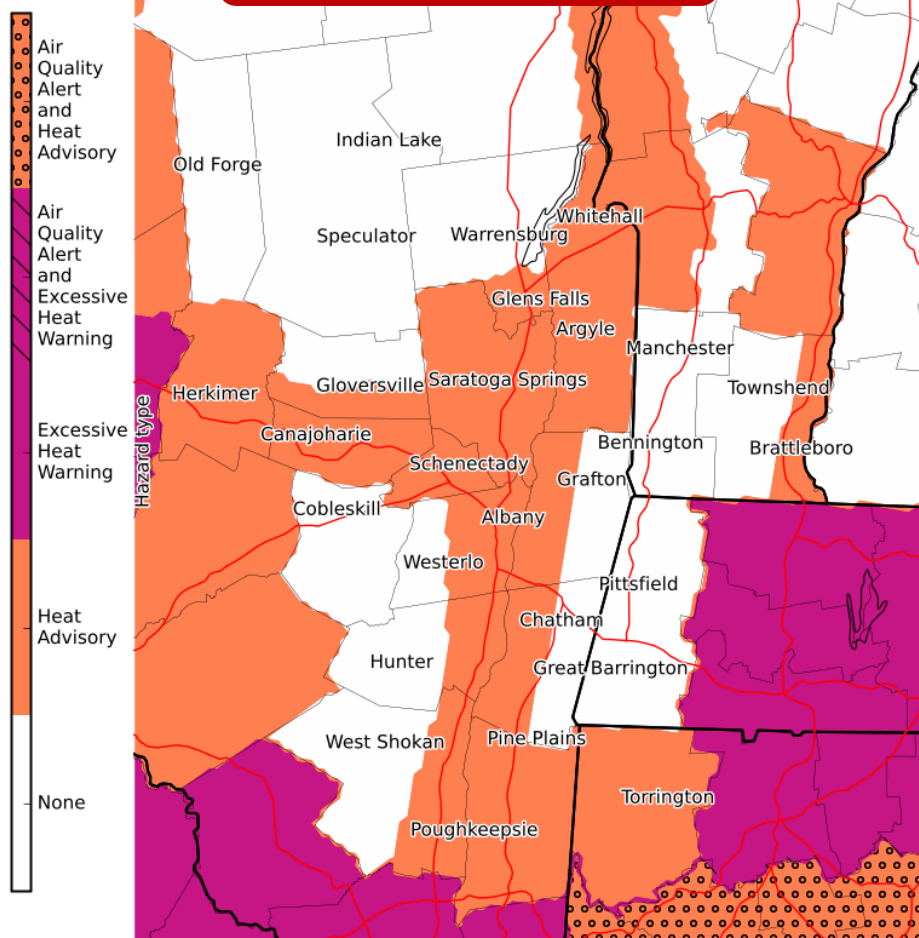
■ Excessive Heat Warning
■ Heat Advisory

Graphic Created
July 19th, 2019
4:31 AM EDT



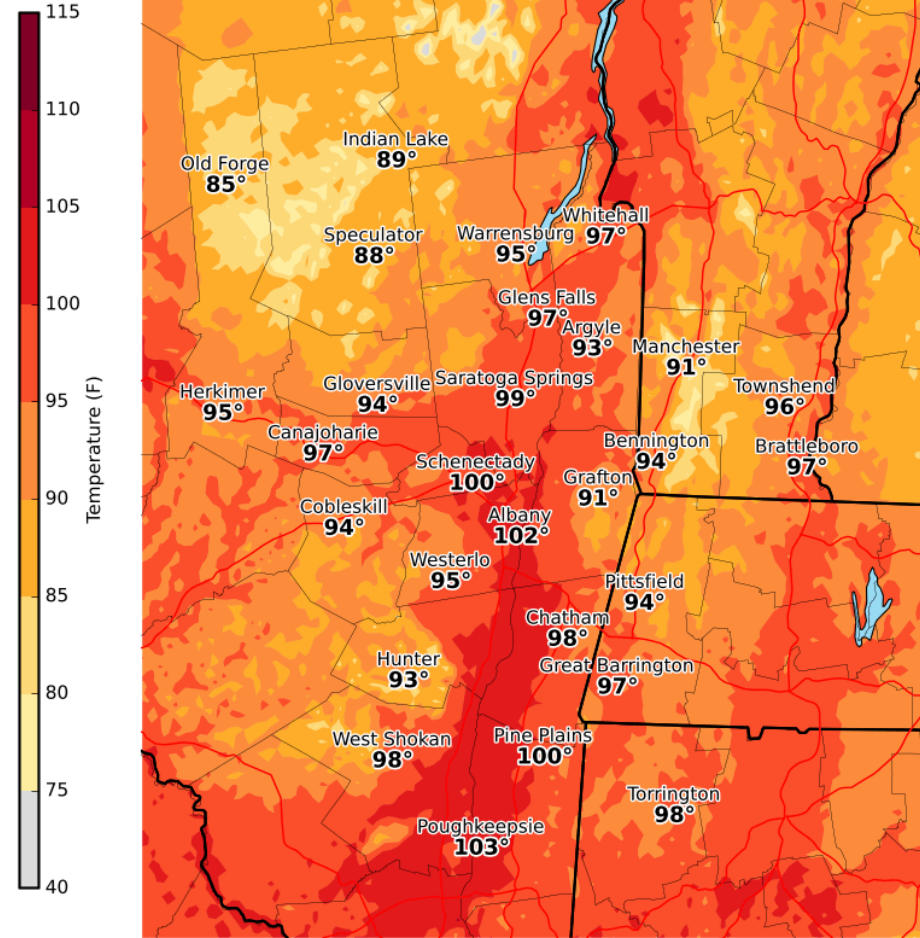
Heat Headlines

Valid: Noon Today through Noon Saturday



Peak Apparent Temperature

Valid: Friday, July 19, 2019



National Weather Service
Albany, New York

07/19/2019 04:41 AM EDT

Follow Us: [f](#) [t](#) [v](#)
weather.gov/Albany

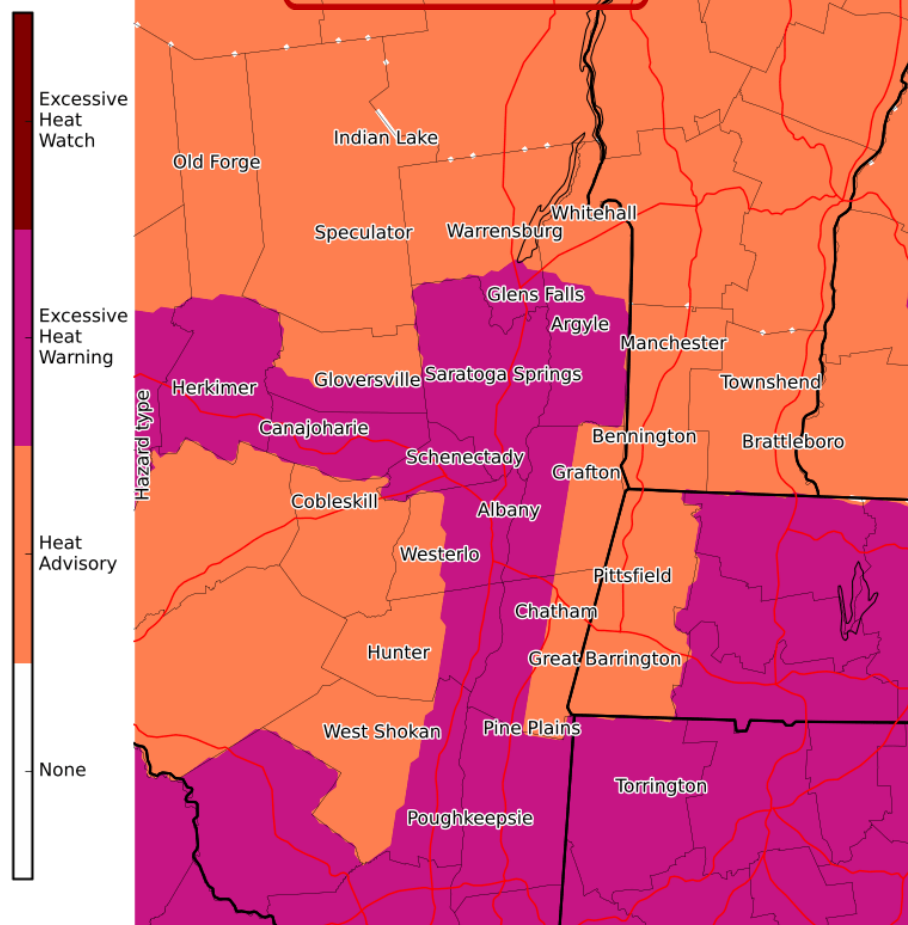
National Weather Service
Albany, New York

07/19/2019 04:45 AM EDT

Follow Us: [f](#) [t](#) [v](#)
weather.gov/Albany

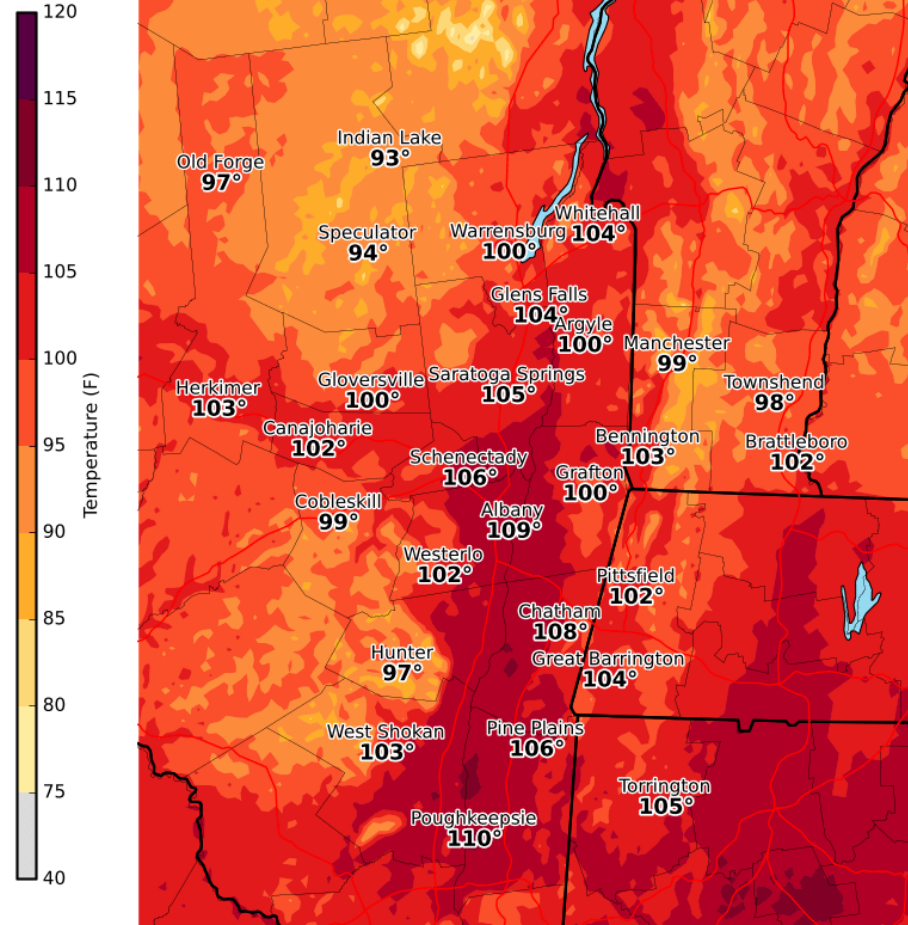
Heat Headlines

Valid: Saturday Noon to 8 PM



Peak Apparent Temperature

Valid: Saturday, July 20, 2019

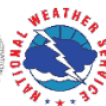


National Weather Service
Albany, New York
07/19/2019 04:57 AM EDT

Follow Us:



weather.gov/Albany



National Weather Service
Albany, New York
07/19/2019 04:47 AM EDT

Follow Us:



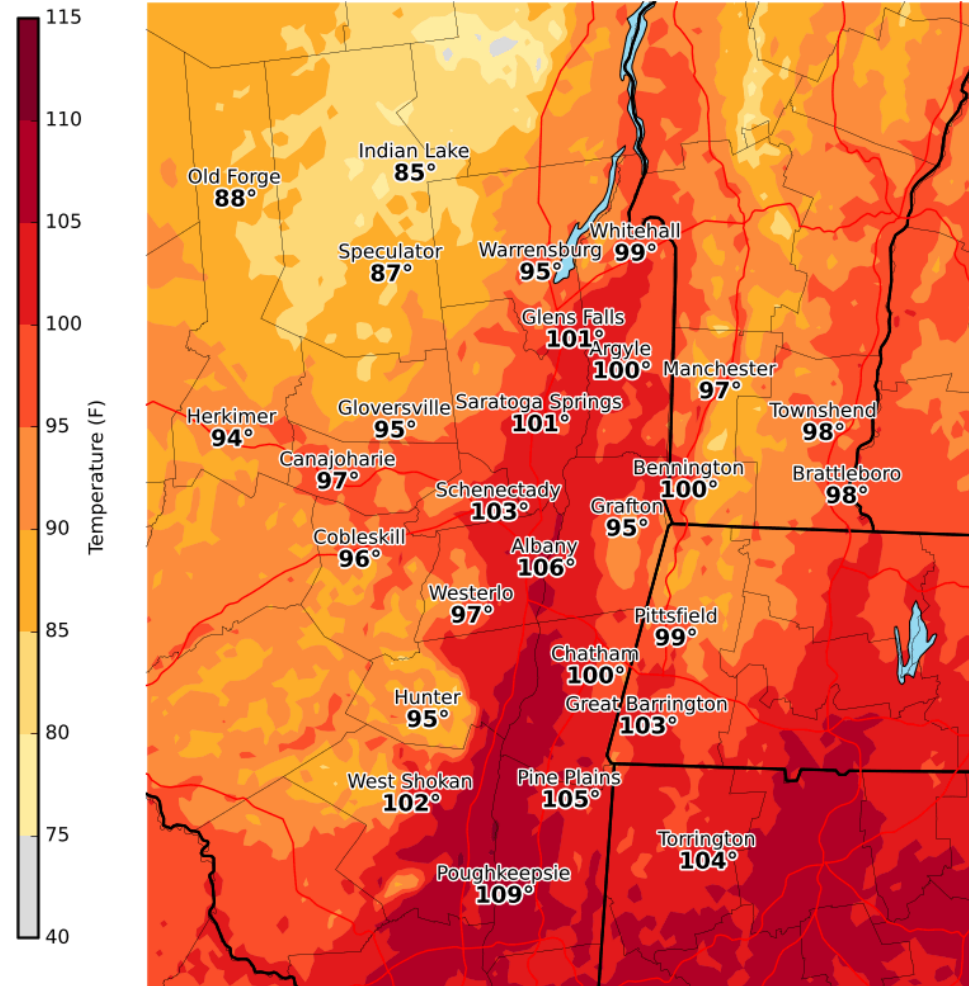
weather.gov/Albany



Excessive Heat
Warnings and/or
Heat Advisories
will likely be
needed
for Sunday

Peak Apparent Temperature

Valid: Sunday, July 21, 2019



National Weather Service
Albany, New York

07/19/2019 04:49 AM EDT

Follow Us:



weather.gov/Albany



Follow us on Twitter



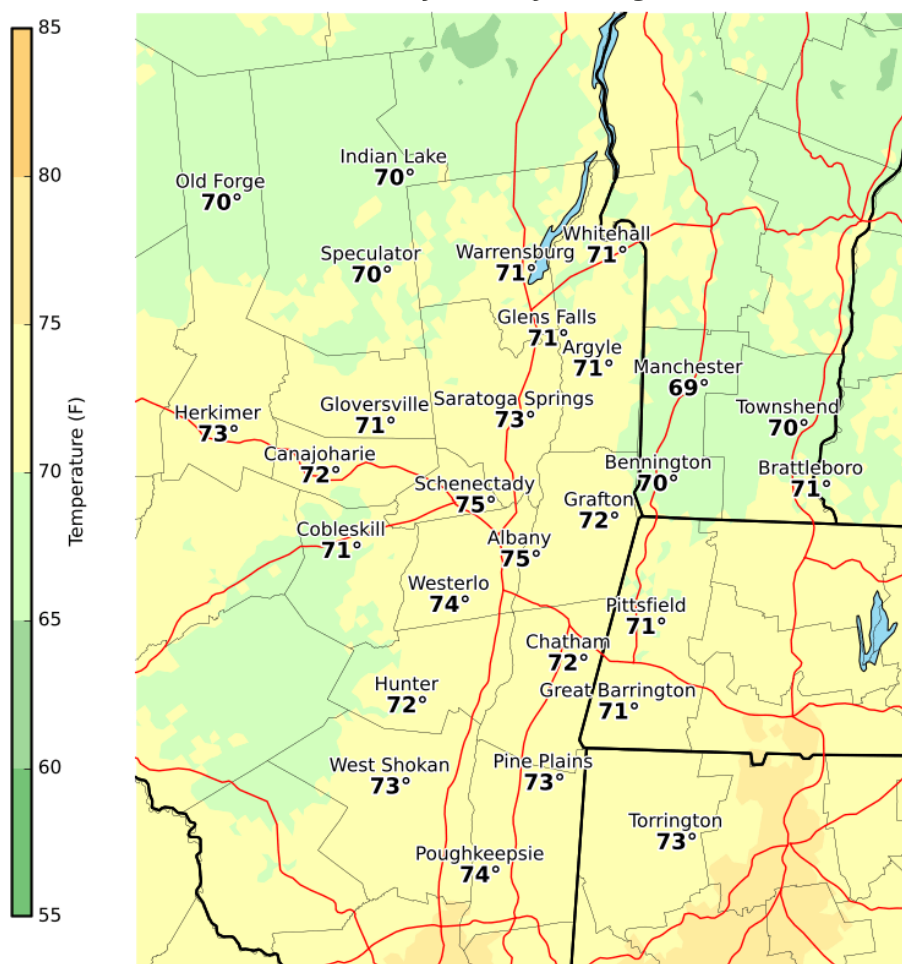
Follow us on Facebook



Follow us on YouTube

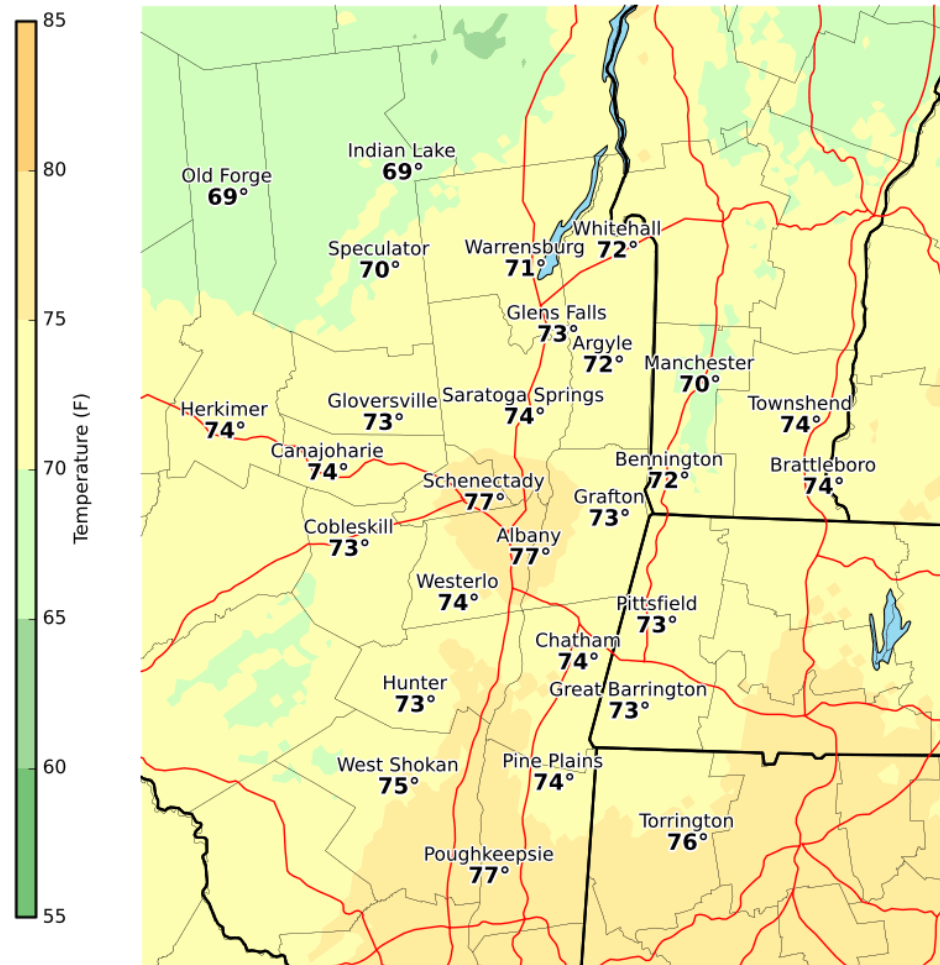
Low Temperatures

Valid: Early Saturday Morning



Low Temperatures

Valid: Early Sunday Morning



National Weather Service
Albany, New York

07/19/2019 04:50 AM EDT

Follow Us:



weather.gov/Albany



National Weather Service
Albany, New York

07/19/2019 04:52 AM EDT

Follow Us:



weather.gov/Albany



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

- ✓ Hot temperatures combined with high humidity levels will create dangerous heat conditions today, Saturday & Sunday with the most oppressive conditions Saturday and Sunday
- ✓ Early morning low temperatures in the 70s will not provide much relief
- ✓ Additional Excessive Heat Warnings and/or Heat Advisories will likely be needed for Sunday

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.

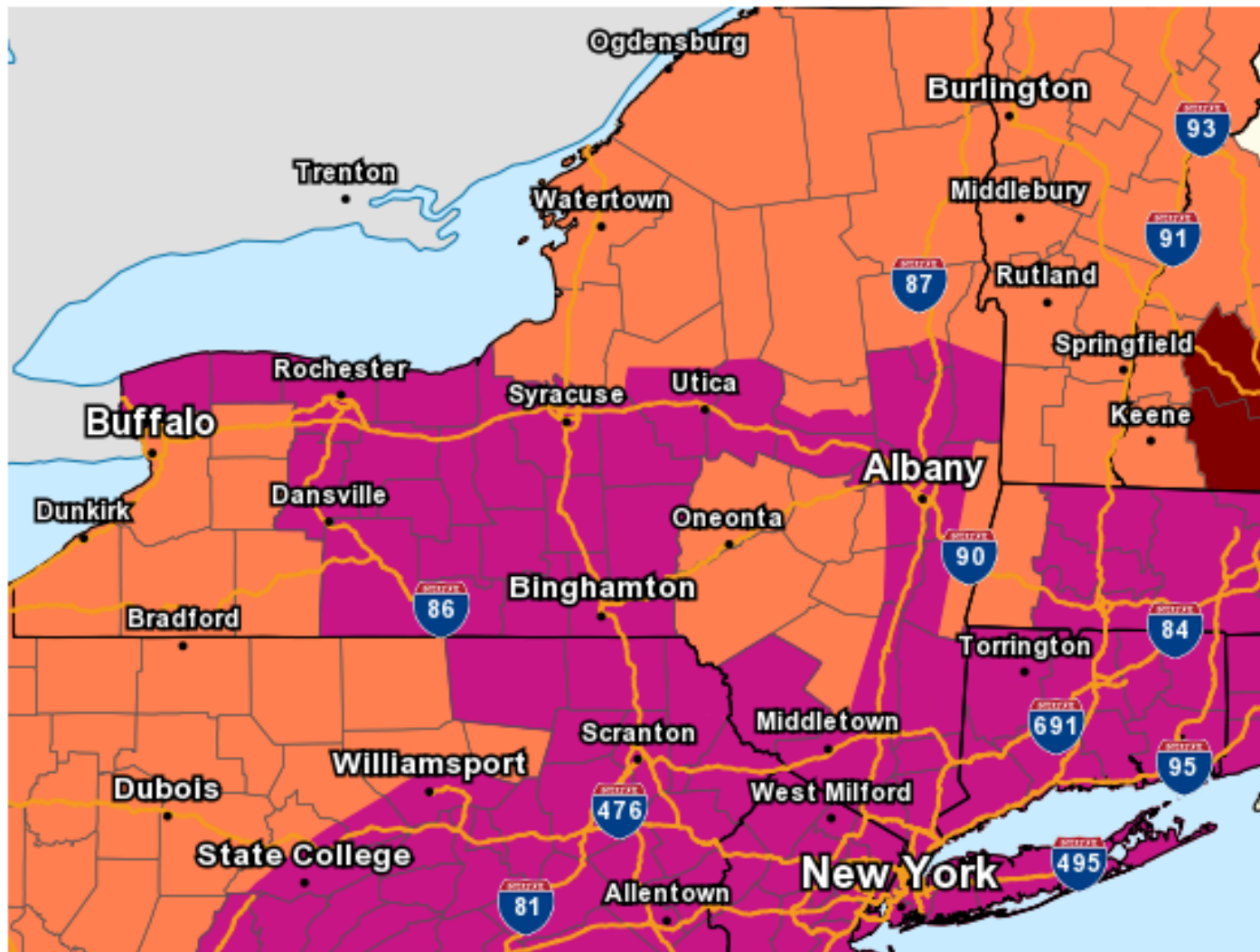
Never leave people or pets in a closed car.





Excessive Heat

- Excessive Heat Warning
- Heat Advisory
- Excessive Heat Watch

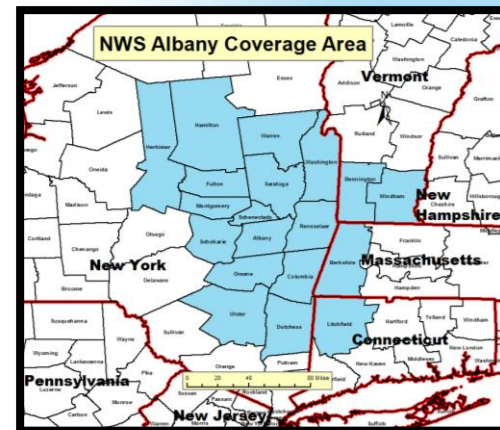


Graphic Created
July 19th, 2019
4:16 AM EDT

Contact and Next Briefing Information



Next Briefing
When: By 6 PM Fri, July 19, 2019
Method: E-mail



Web:

<http://weather.gov/aly>



E-mail:

Alb.stormreport@noaa.gov



Facebook:

[NWSAlbany](https://www.facebook.com/NWSAlbany)



Twitter:

[@NWSAlbany](https://twitter.com/NWSAlbany)



YouTube:

[NWSAlbany](https://www.youtube.com/NWSAlbany)

Disclaimer: *The information contained within this briefing is time-sensitive, do not use after 6 PM July 19, 2019*