

# Dangerous Heat Conditions Continue

**Decision Support Briefing # 7**  
As of: 5 AM Saturday, July 20, 2019

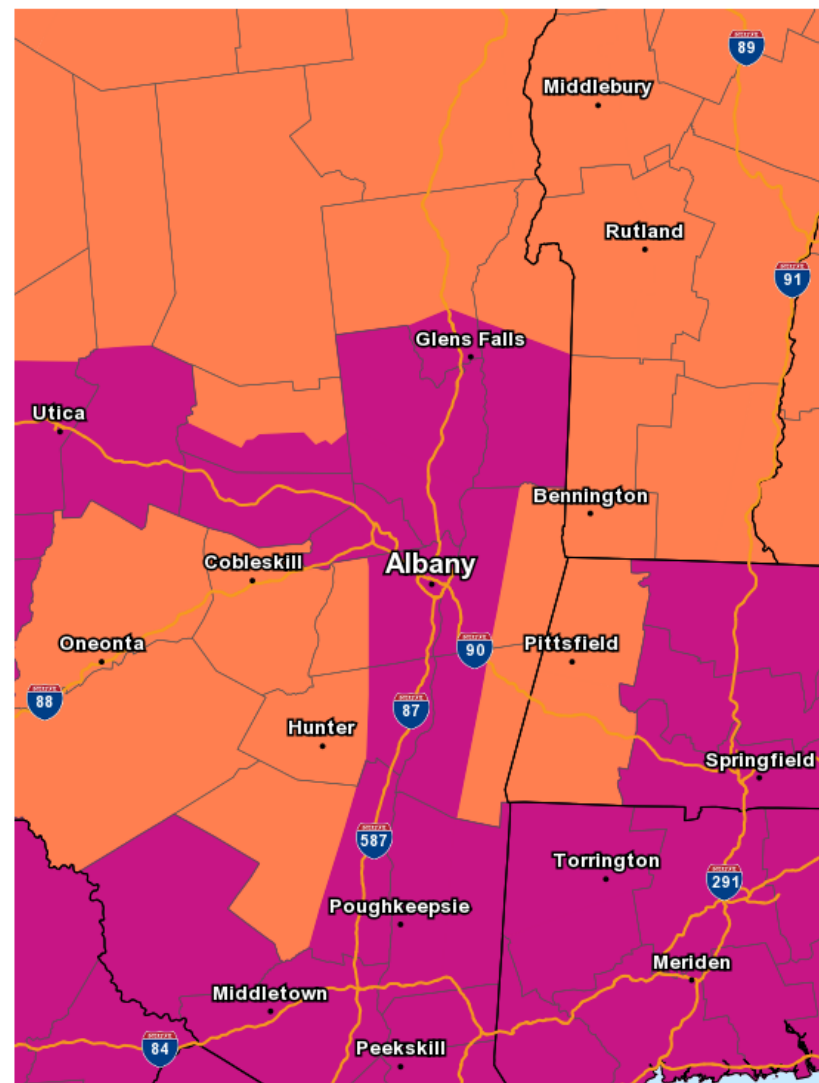
*What has changed...*

✓ No changes



Excessive Heat

■ Excessive Heat Warning  
■ Heat Advisory

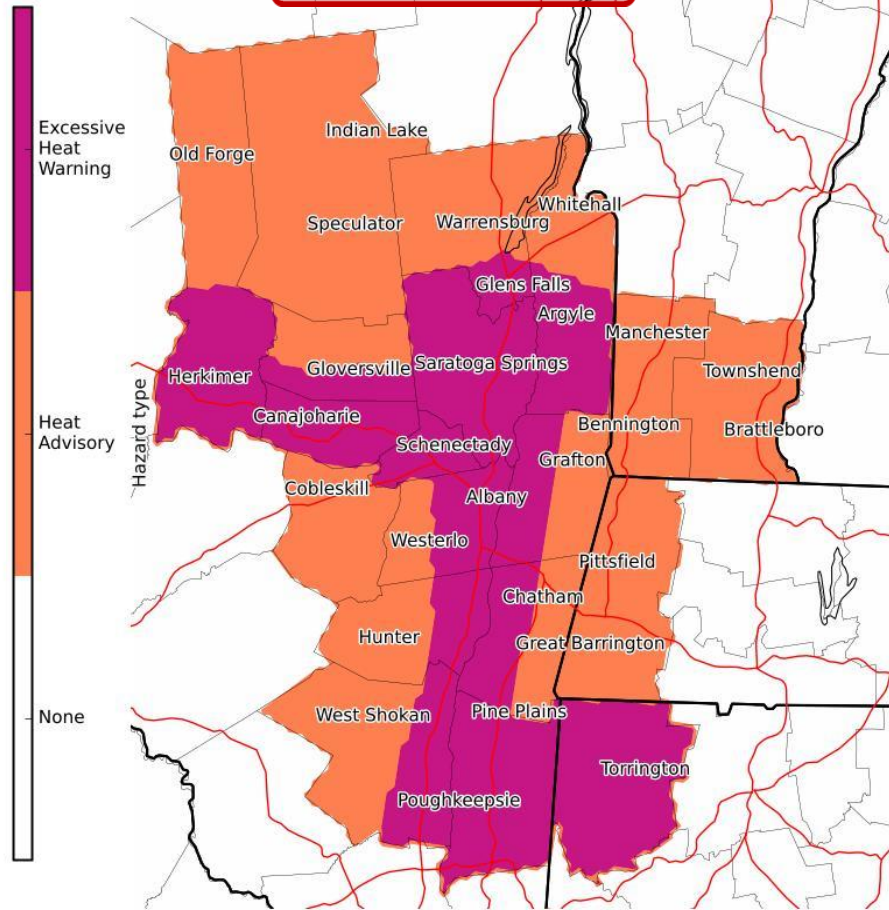


Graphic Created  
July 20th, 2019  
4:49 AM EDT



## Heat Headlines

Valid: Today through 8 PM



**National Weather Service**  
Albany, New York

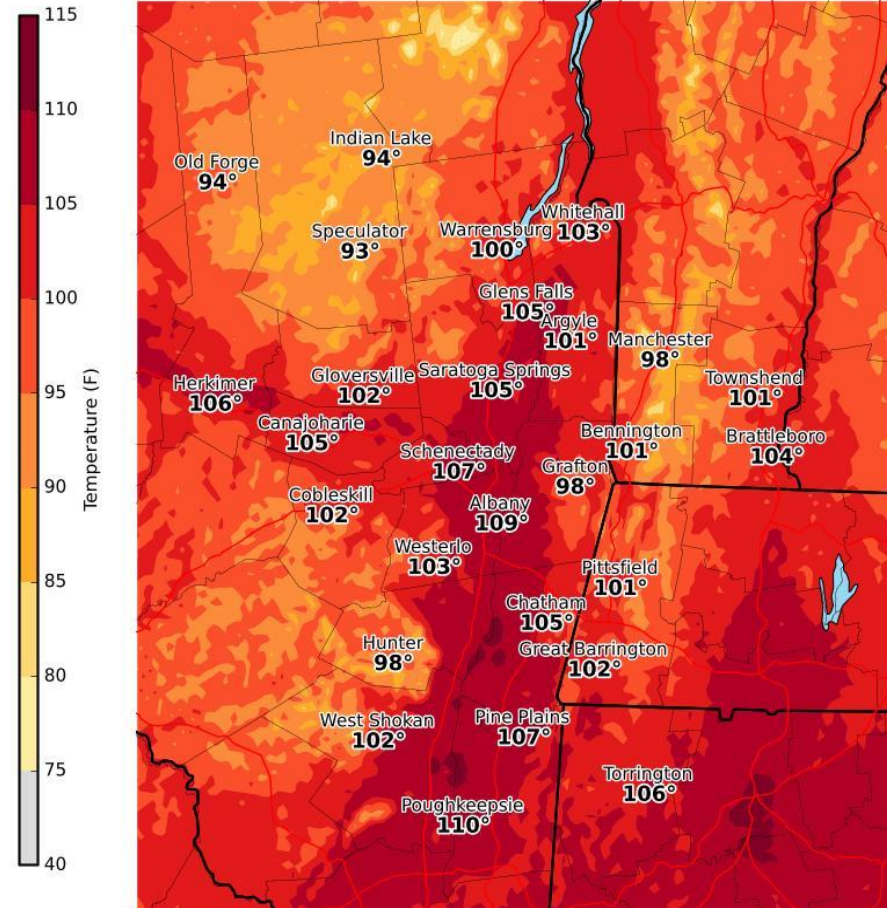
07/20/2019 05:06 AM EDT

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## Peak Apparent Temperature

Valid: Saturday, July 20, 2019



**National Weather Service**  
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07/20/2019 04:54 AM EDT

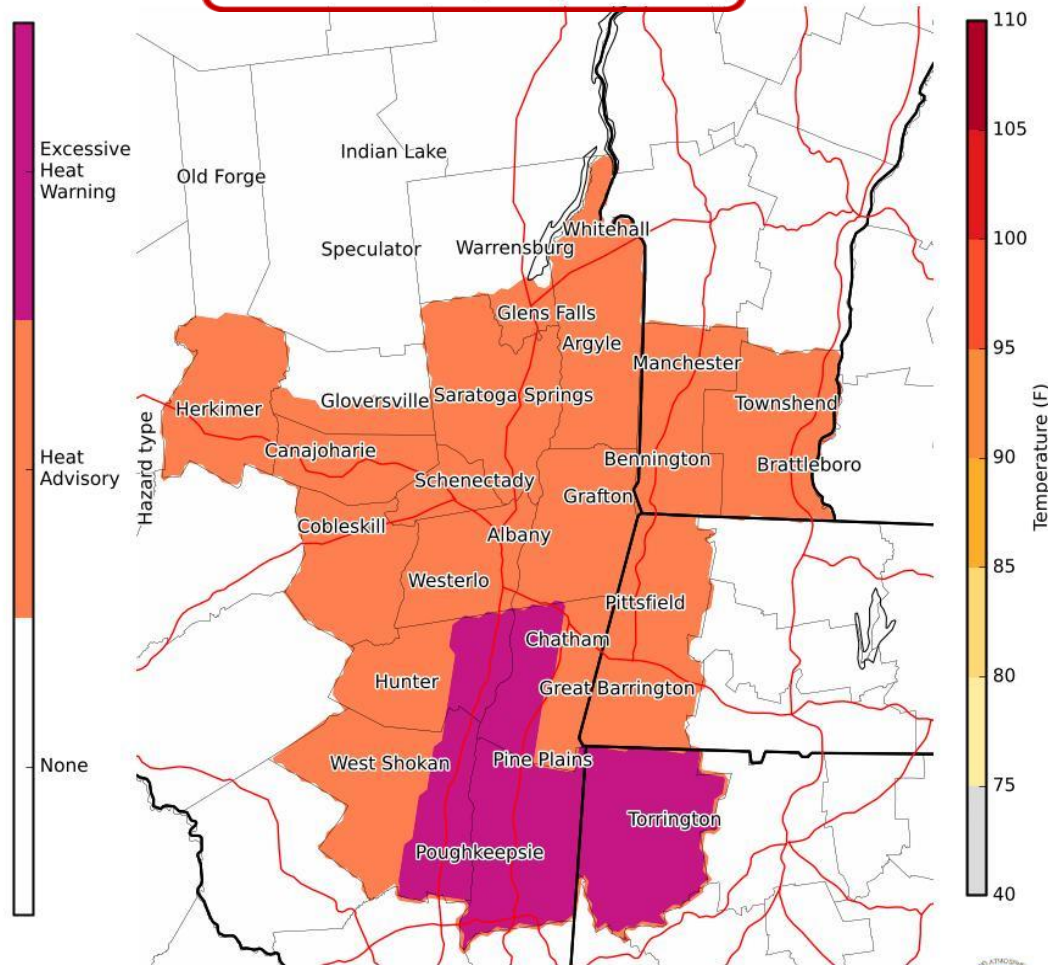
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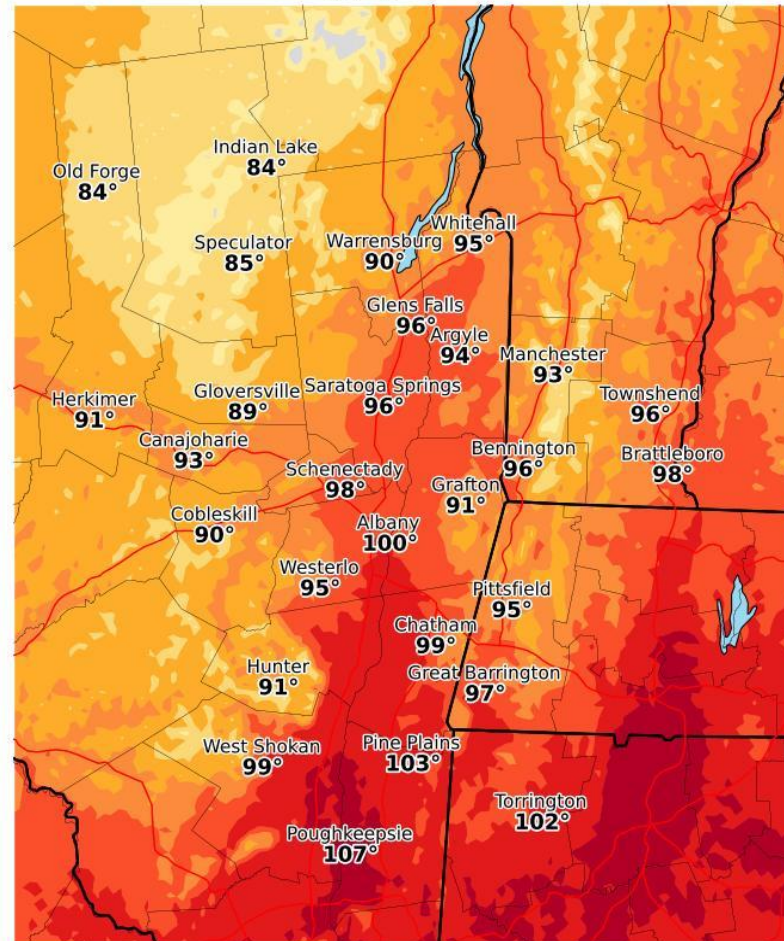
### Heat Headlines

Valid: 8 PM this evening through 8 PM Sunday



### Peak Apparent Temperature

Valid: Sunday, July 21, 2019



**National Weather Service**  
Albany, New York

07/20/2019 05:08 AM EDT

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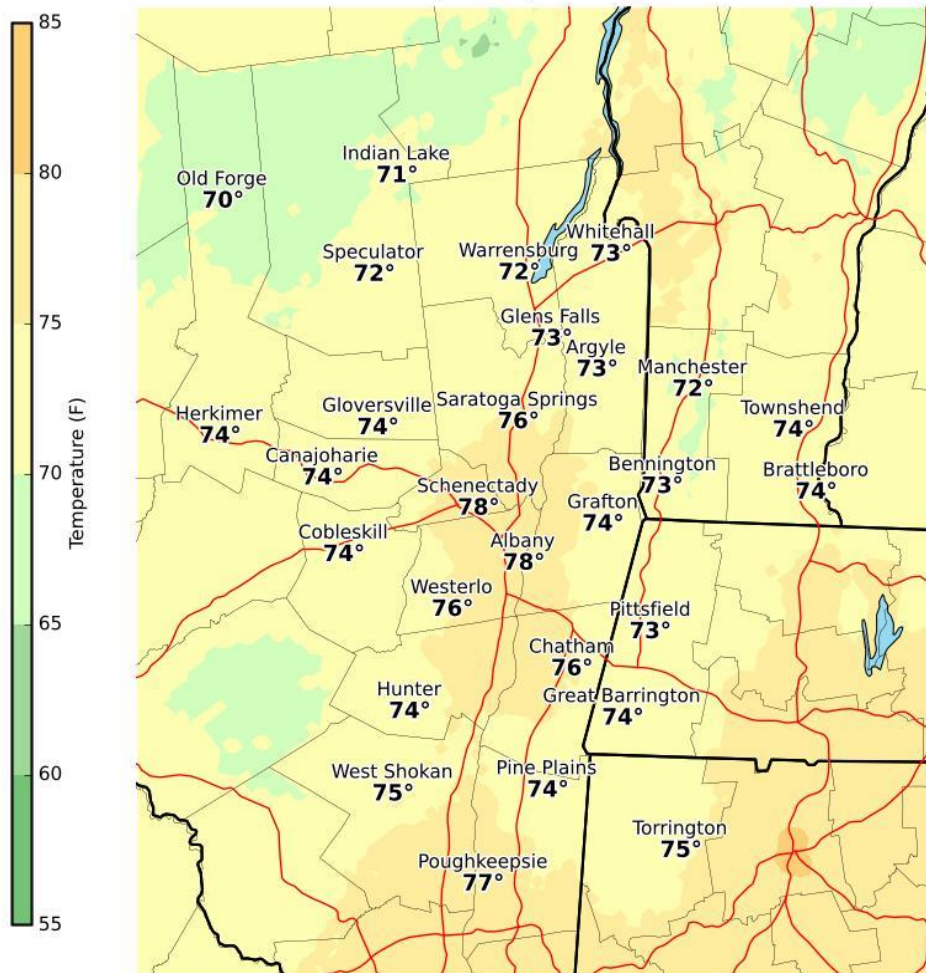
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## Morning Lows

Valid: Early Sunday Morning



**National Weather Service**  
Albany, New York

07/20/2019 05:00 AM EDT

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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"> <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 weather.gov/Sacramento			@SacramentoOES SacramentoReady.org	

## Event Summary

- ✓ Dangerous heat conditions will continue through Sunday
- ✓ Today 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
- ✓ Any thunderstorms this afternoon through Monday could contain gusty winds and very heavy rain leading to localized urban and small stream flooding.

### 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.*

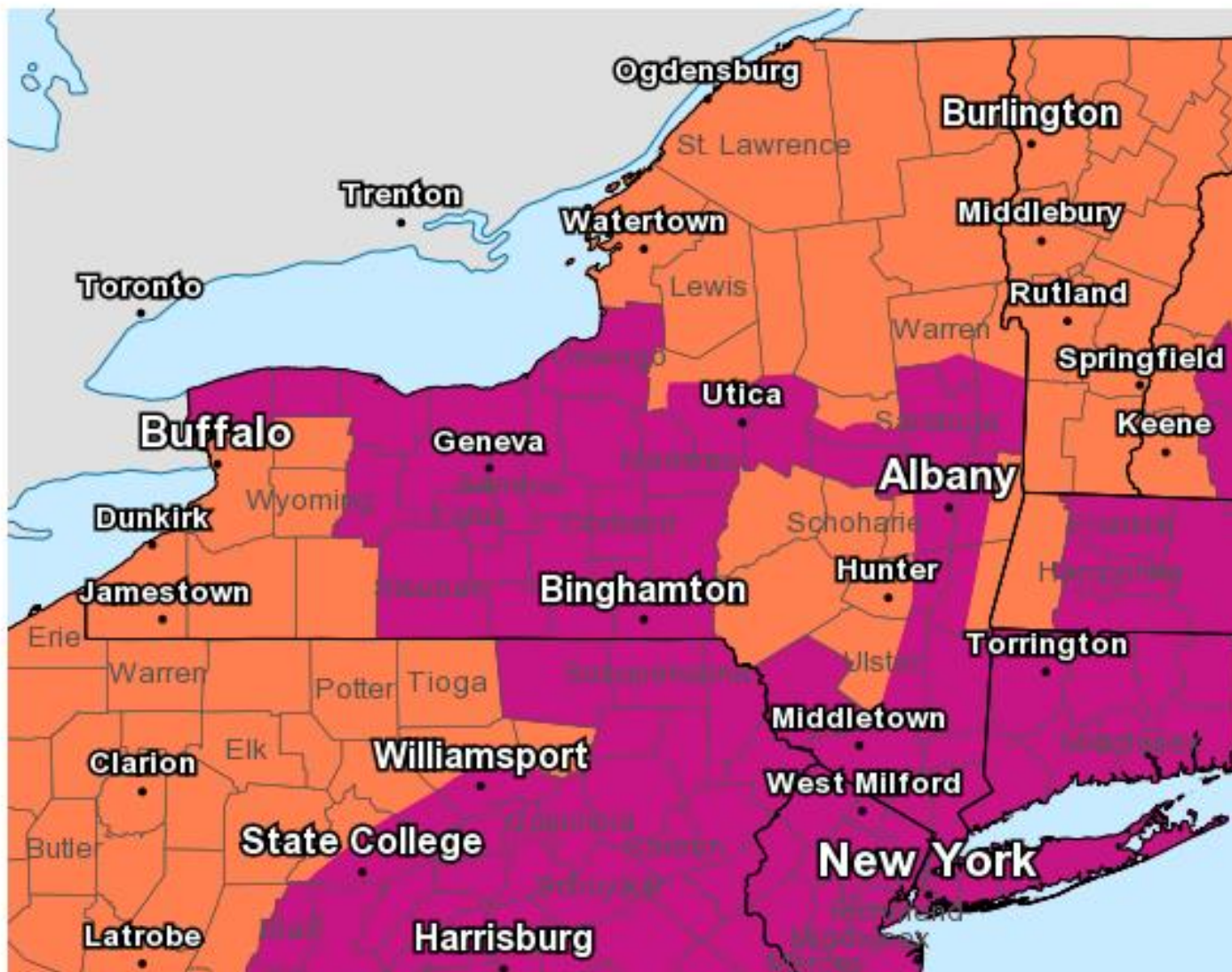
*Never leave people or pets in a closed car.*





## Excessive Heat

- Excessive Heat Warning
- Heat Advisory



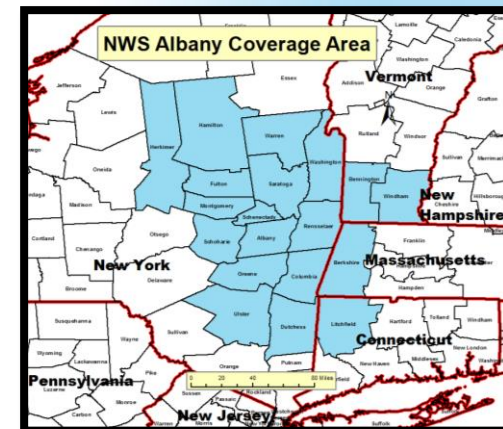
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July 20th, 2019  
5:12 AM EDT



# Contact and Next Briefing Information



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



**Web:**

<http://weather.gov/aly>



**E-mail:**

[Alb.stormreport@noaa.gov](mailto:Alb.stormreport@noaa.gov)



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