

Dangerous Heat Conditions Continue

Decision Support Briefing # 9
As of: 5 AM Sunday, July 21, 2019

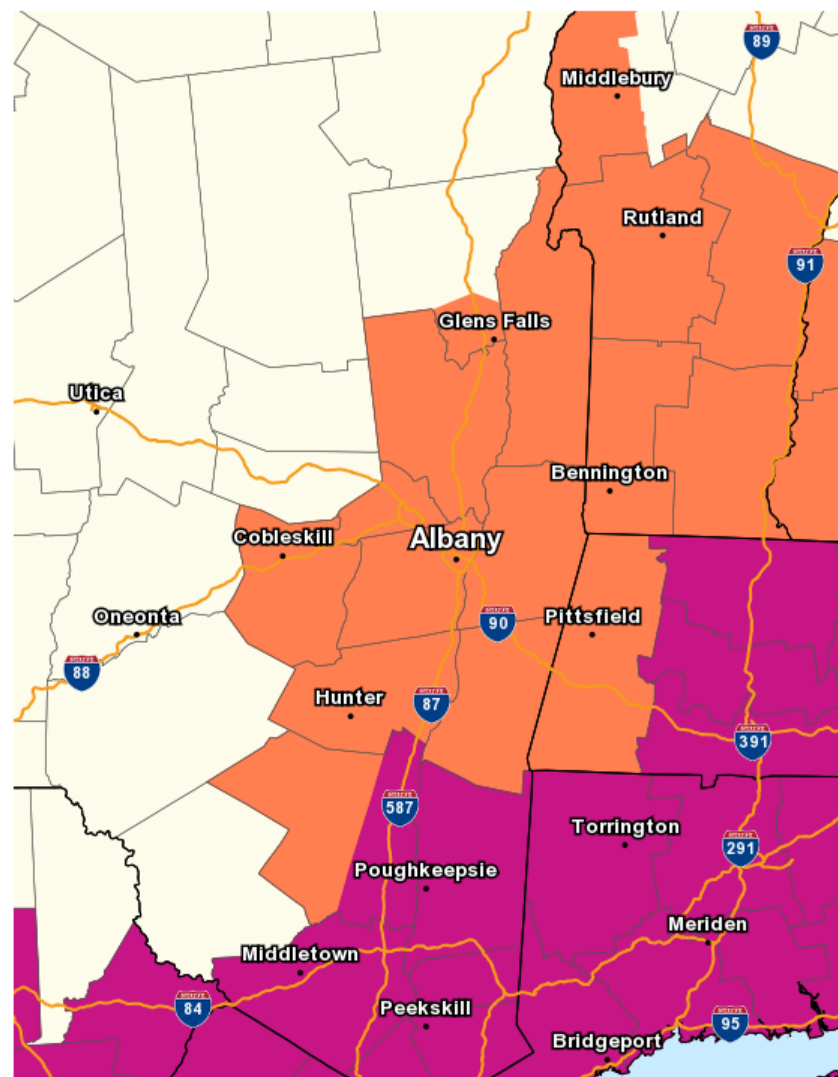
What has changed...

- ✓ Excessive Heat Warning in effect through 8 PM today for eastern Ulster, Dutchess & Litchfield Counties
- ✓ Heat Advisory in effect through 8 PM today for the Capital District, Lake George Saratoga region, northern Hudson Valley, northern Taconics, Schoharie Valley, eastern Catskills, northern & central Taconics, Berkshires & southern Vermont



Excessive Heat

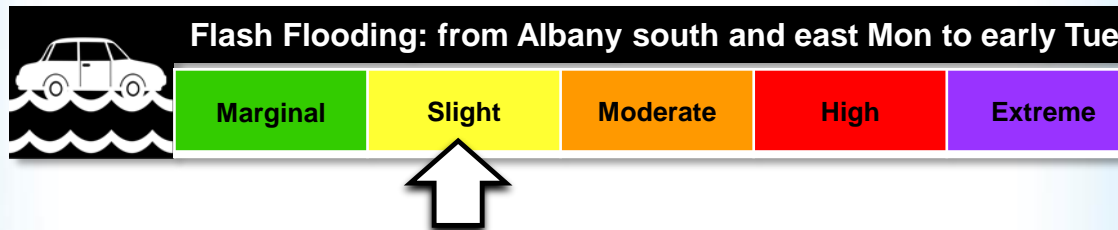
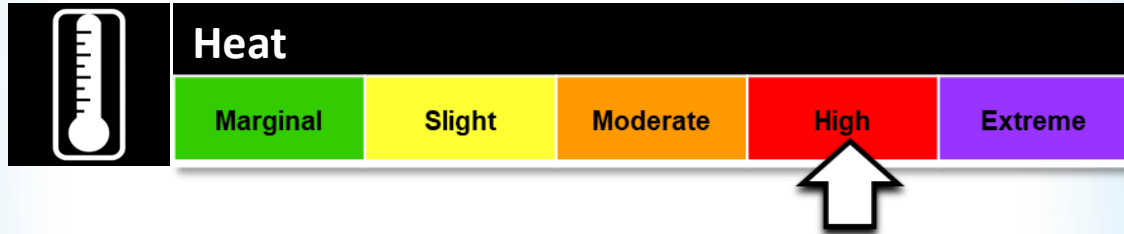
■ Excessive Heat Warning
■ Heat Advisory



Graphic Created
July 21st, 2019
4:40 AM EDT

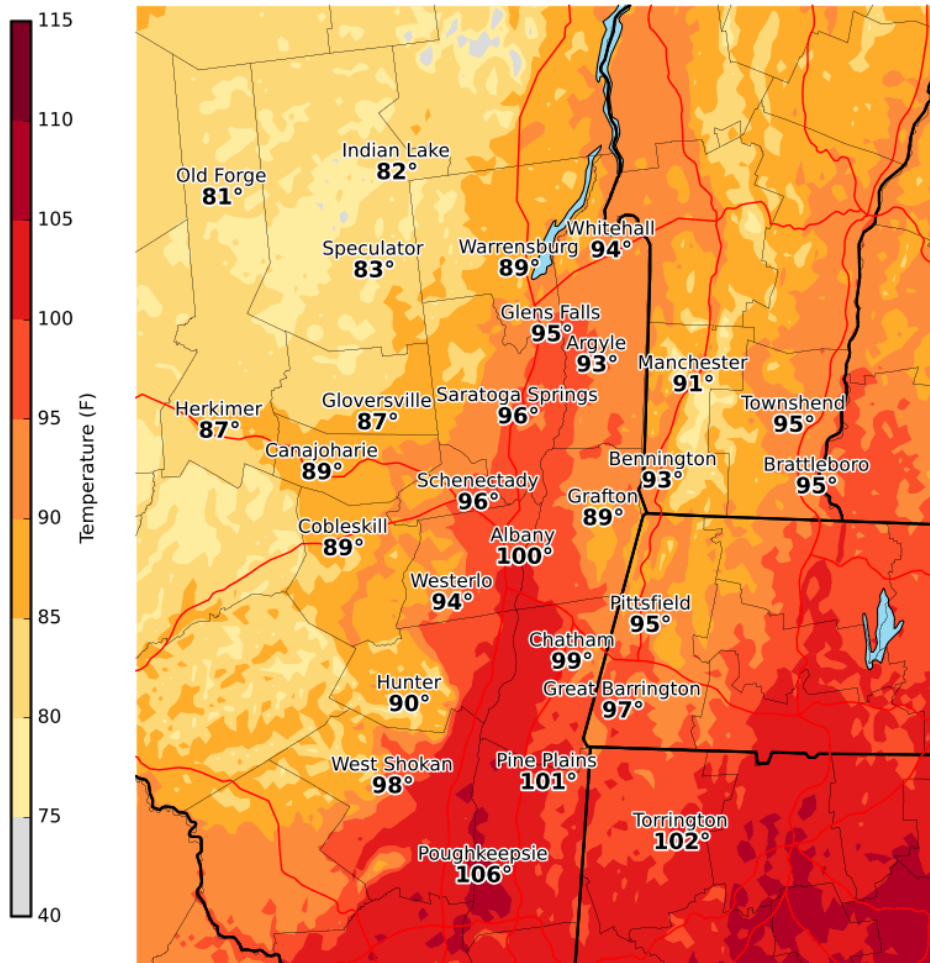


Local Summary of Greatest Impacts



Peak Apparent Temperature

Valid: Through Today



National Weather Service
Albany, New York

07/21/2019 04:57 AM EDT

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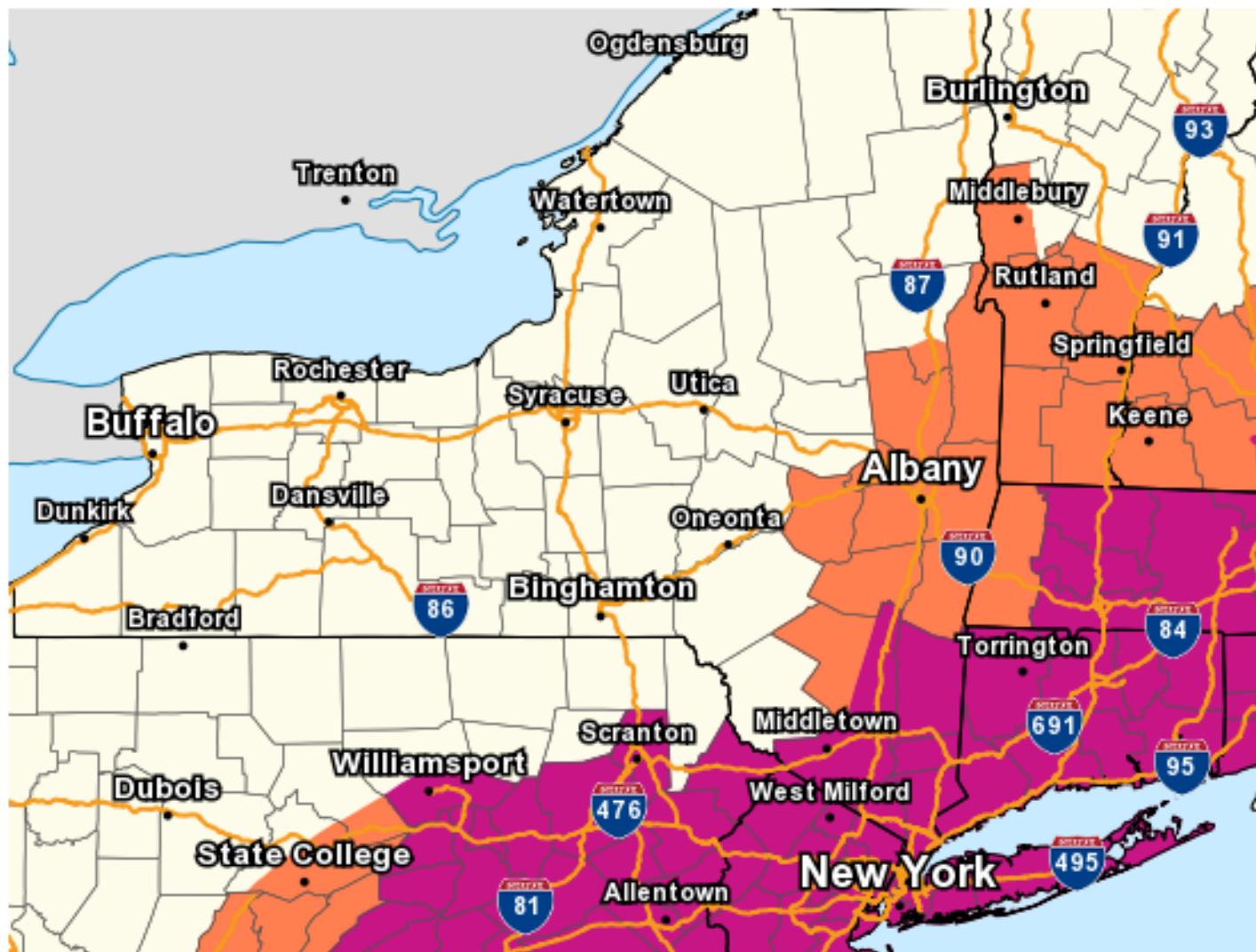
weather.gov/Albany





Excessive Heat

■ Excessive Heat Warning
■ Heat Advisory



Graphic Created
July 21st, 2019
4:31 AM EDT

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	

Impacts:

- ✓ Locally heavy rainfall may cause some flooding of poor drainage and low lying areas and isolated flash flooding.

Timing:

- ✓ Monday into early Tuesday

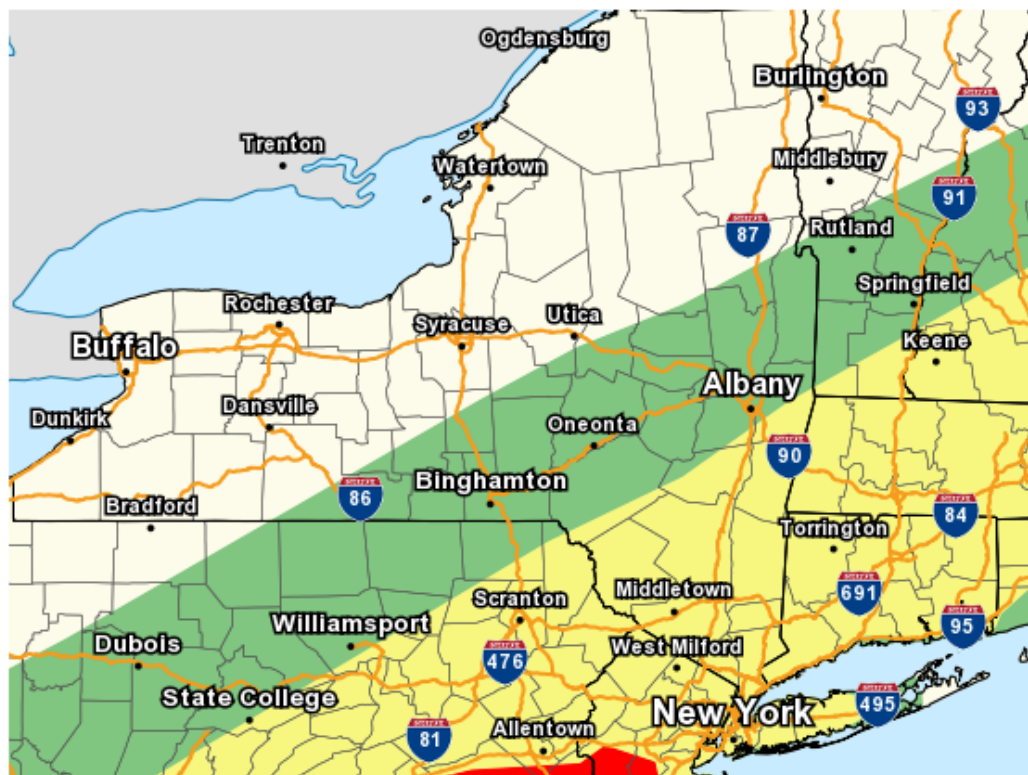
Location:

- ✓ From around Albany south and east

Heavy Rainfall



Day Two Excessive Rainfall Outlook



Graphic Created
July 21st, 2019
4:45 AM EDT



Event Summary

- ✓ Dangerous heat conditions will continue through today
- ✓ Heat wave will come to an end tonight with a passage of a cold front
- ✓ Any thunderstorms today could contain gusty winds and heavy rain leading to localized urban and small stream flooding
- ✓ Widespread rain, locally heavy at times, will affect areas from around Albany south and east. Isolated Flash Flooding will be possible.

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.

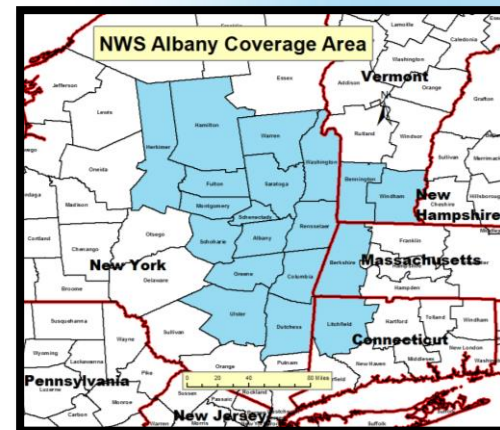
Never leave people or pets in a closed car.



Contact and Next Briefing Information



Next Briefing
When: By 6 PM Sun, July 21, 2019
(if needed)
Method: E-mail



Web:

<http://weather.gov/aly>



E-mail:

Alb.stormreport@noaa.gov



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Disclaimer: *The information contained within this briefing is time-sensitive, do not use after 6 PM July 21, 2019*