

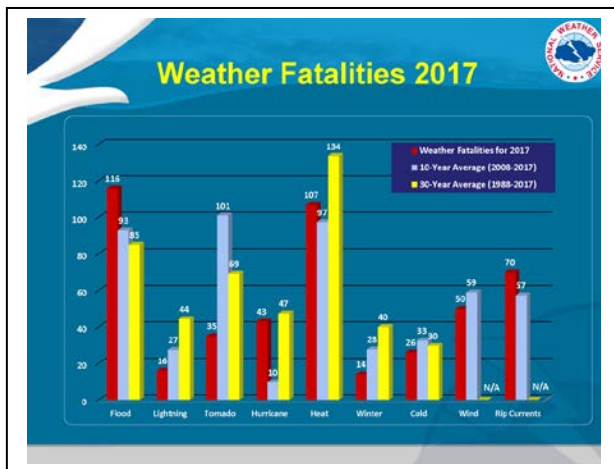


NATIONAL WEATHER SERVICE IS LOWERING HEAT ADVISORY THRESHOLDS FOR NORTHERN NEW ENGLAND AND MUCH OF NEW YORK

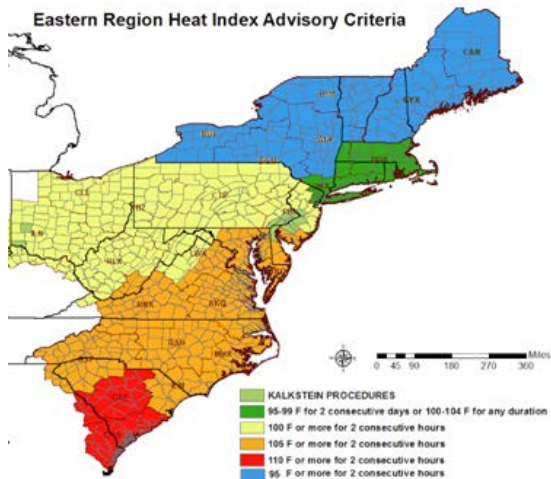
The National Weather Service offices in Northern New England (VT, NH, ME) and New York, in collaboration with their respective state's Health Departments and the Northeast Regional Heat Collaborative** have lowered the criteria for issuing Heat Advisories in New England and portions of New York effective immediately.

Studies and research conducted by the Northeast Regional Heat Collaborative and others have discovered that:

- Extreme heat is a major public health threat. It causes more deaths annually in the U.S. than most weather events.
- Research shows that locally, deaths and emergency department visits **increase significantly on days when the heat index was 95°F** as compared to 75°F.
- Residents of the northeast are uniquely vulnerable to extreme heat because they are less physiologically adapted to extreme heat and buildings and other infrastructure are not built to counteract extreme heat.
- Usage of air conditioning in Northern New England, the best protection against extreme heat, is lower than in other parts of the country. Populations are older than in other parts of the country and have higher rates of chronic diseases.



As part of the Weather Ready Nation goal to make this country ready, responsive and resilient to weather hazards, the lowering of the heat advisory threshold will ensure that individuals and communities are notified in advance of unhealthy conditions, allowing them to take steps to limit exposure to excessive heat, which will in turn reduce morbidity and mortality attributable to excessive heat.



Previous Heat Advisory Criteria: Heat Index values of 95 to 99 degrees for 2 or more consecutive days or 100 to 104 degrees for any duration of time.

NEW Heat Advisory Criteria: Heat Index values of 95-104 degrees for 2 or more consecutive hours.

Excessive Heat Warning criteria will remain unchanged: Heat index values in excess of 105 degrees for 2 or more consecutive hours.

The Hazards of Excessive Heat:

During extremely hot and humid weather, the body's ability to cool itself is affected. When the body heats too rapidly to cool properly or when too much fluid or salt is lost through dehydration or

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

- Job Sites:** Stay hydrated and take breaks in the shade as often as possible.
- Indoors:** Check up on the elderly, sick and those without AC.
- Vehicles:** Never leave kids or pets unattended - LOOK before you LOCK.
- Outdoors:** Limit strenuous outdoor activities, find shade, and stay hydrated.

weather.gov/heat

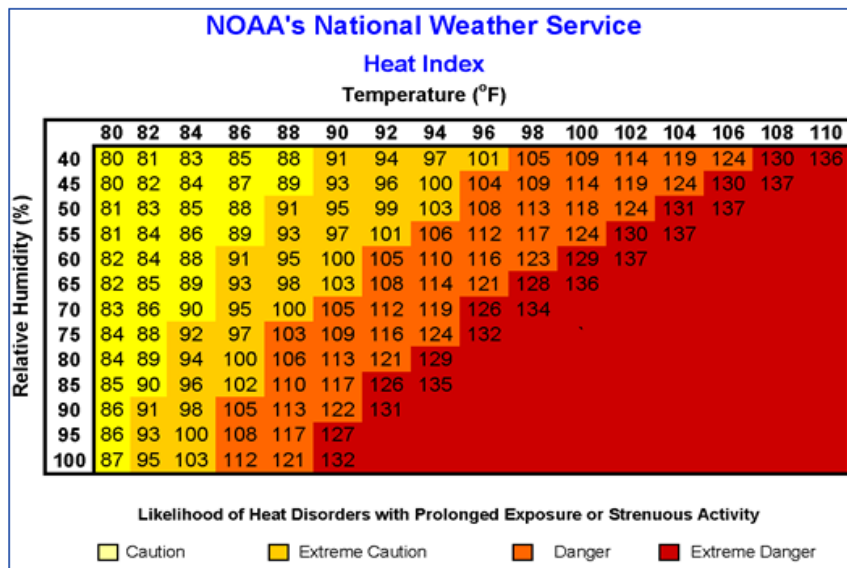
sweating, body temperature rises and heat-related illnesses may develop.

Heat-related illnesses can range from heat cramps to heat exhaustion to more serious heat stroke. Heat stroke can result in death and requires **immediate medical attention**.

Factors or conditions that can make some people more susceptible to heat-related illnesses include age (older adults and young children), obesity, fever, heart disease, mental illness, poor circulation, prescription drugs, alcohol use, and sunburn.

HERE ARE SOME SAFETY TIPS TO BEST COPE WITH THE DANGERS OF HEAT:
Take Action, Be Prepared

- **Slow down and reduce strenuous activities**
- **Wear lightweight, light-colored clothing to reflect heat and sunlight**
- **Drink plenty of water, non-alcoholic and decaffeinated fluids.**
- **During excessive heat periods, spend more time in air-conditioned places if available.**
- **If you must be outside, try to lessen your exposure by seeking shade frequently and limiting your activities to the early morning or late evening.**
- **NEVER** leave children, disabled adults, or pets in parked vehicles. “Beat the heat, check the back seat!”



IMPORTANT: Since heat index values were devised for shady, light wind conditions, exposure to full sunshine can increase heat index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.

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Other links –

NOAA’s Weather Ready Nation Heat - <https://www.weather.gov/safety/heat>

FEMA Extreme Heat - <https://www.ready.gov/heat>

Centers for Disease Control and Prevention - <http://www.cdc.gov/disasters/extremeheat/>

American Red Cross Heat Safety - <http://www.redcross.org/prepare/disaster/heat-wave>

ME Center for Disease Control & Prevention - <http://www.maine.gov/dhhs/mecdc/environmental-health/heat/>

** The Northeast Regional Heat Collaborative is a working group of public health agencies in Maine, New Hampshire, Vermont, and Rhode Island, supported by Brown University, under the organizing structure of two U.S. CDC grant programs: the Environmental Public Health Tracking Program and the Climate and Health Program.

