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PUBLIC INFORMATION STATEMENT  
NATIONAL WEATHER SERVICE HEADQUARTERS WASHINGTON DC  
848 AM EDT TUE MAY 20 2008

TO: SUBSCRIBERS:  
-FAMILY OF SERVICES  
-NOAA WEATHER WIRE SERVICE  
-EMERGENCY MANAGERS WEATHER INFORMATION NETWORK  
OTHER NWS PARTNERS...AND NWS EMPLOYEES

FROM: ELI JACKS  
CHIEF...FIRE AND PUBLIC WEATHER SERVICES BRANCH

SUBJECT: EXCESSIVE HEAT GUIDANCE FOR 2008 SEASON

THE OFFICIAL START OF SUMMER IS ABOUT A MONTH AWAY BUT IT IS NOT UNUSUAL TO EXPERIENCE EXTREME HEAT BEFORE MEMORIAL DAY WEEKEND. IN FACT UNUSUALLY HOT WEATHER HAS ALREADY OCCURRED IN THE WESTERN UNITED STATES. THE NWS WANTS TO REMIND YOU OF AVAILABLE HEAT RELATED ADVISORY AND WARNING PRODUCTS...AND ASSOCIATED SAFETY PRECAUTIONS...FOR THE 2008 SUMMER SEASON.

DURING AN AVERAGE SUMMER IN THE UNITED STATES THERE ARE AT LEAST 1500 DEATHS ATTRIBUTED TO HEAT. UNUSUALLY HIGH TEMPERATURES CAN ENDANGER LIVES AND HAVE ADVERSE EFFECTS ON HEALTH. DURING THE 2006 HEAT WAVE IN CALIFORNIA...MORE THAN 150 DEATHS WERE BELIEVED TO HAVE BEEN HEAT-RELATED. HEAT IS A SILENT KILLER THAT DOES NOT HAVE THE SAME VISUAL IMPACT AS OTHER WEATHER HAZARDS SUCH AS TORNADOES AND HURRICANES. HOWEVER PREVENTIVE MEASURES CAN BE TAKEN TO HELP AVOID THE DEVASTATING EFFECTS OF EXCESSIVE HEAT.

DAVID CALDWELL...DIRECTOR OF THE NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION/S NWS OFFICE OF CLIMATE...WATER...AND WEATHER SERVICES STATED:

BASED ON DATA FROM 1997 TO 2006...EXCESSIVE HEAT IS THE TOP WEATHER-RELATED KILLER...CAUSING MORE FATALITIES PER YEAR THAN LIGHTNING...TORNADOES...AND WINTER STORMS COMBINED.

THE NWS COLLABORATES WITH PUBLIC AND PRIVATE SECTOR ORGANIZATIONS ...ACADEMIA...THE MEDICAL COMMUNITY...AND THE MEDIA TO CONTINUALLY CREATE AND DELIVER NEW AND ENHANCED EXCESSIVE HEAT PRODUCTS AND SERVICES.

EXTENSIVE INFORMATION ABOUT HEAT WAVES AND HEAT SAFETY CAN BE FOUND ONLINE AT /USE LOWER CASE LETTERS/:

[HTTP://NOAAWATCH.GOV/THEMES/HEAT.PHP](http://NOAAWATCH.GOV/THEMES/HEAT.PHP)

SOME OF THE TOPICS COVERED ON THIS WEB PAGE INCLUDE HEAT SAFETY

TIPS...HEAT DISORDERS...AND FIRST AID TIPS PROVIDED BY:

- CENTERS FOR DISEASE CONTROL AND PREVENTION /CDC/
- AMERICAN RED CROSS
- ENVIRONMENTAL PROTECTION AGENCY /EPA/
- U.S. DEPARTMENT OF HOMELAND SECURITY /DHS/
- NATIONAL WEATHER SERVICE.

DETAILS ON THE HEALTH SYMPTOMS ASSOCIATED WITH EXCESSIVE HEAT ARE ALSO FOUND ON THIS SITE.

ELDERLY PERSONS...SMALL CHILDREN...CHRONIC INVALIDS...THOSE ON CERTAIN MEDICATIONS OR DRUGS...AND PERSONS WITH WEIGHT AND ALCOHOL PROBLEMS ARE PARTICULARLY SUSCEPTIBLE TO HEAT REACTIONS...ESPECIALLY DURING HEAT WAVES IN AREAS WHERE EXCESSIVE HEAT IS RARE.

THE FOLLOWING HEAT WAVE SAFETY TIPS ARE RECOMMENDED:

1. SLOW DOWN. STRENUOUS ACTIVITIES SHOULD BE REDUCED... ELIMINATED...OR RESCHEDULED TO THE COOLEST TIME OF THE DAY.
2. DRESS IN LIGHTWEIGHT LIGHT-COLORED CLOTHING TO REFLECT HEAT AND SUNLIGHT.
3. DRINK PLENTY OF WATER OR OTHER NON-ALCOHOLIC FLUIDS. DRINKING ALCOHOLIC BEVERAGES SHOULD BE AVOIDED.
4. DO NOT TAKE SALT TABLETS UNLESS DIRECTED TO BY A PHYSICIAN.
5. SPEND MORE TIME IN AIR-CONDITIONED PLACES.
6. AVOID PROLONGED EXPOSURE TO THE SUN.
7. NEVER LEAVE ANY PERSON OR PET IN A CLOSED...PARKED VEHICLE.

AN EXCESSIVE HEAT EVENTS GUIDEBOOK...DEVELOPED BY THE EPA IN 2006 IN COLLABORATION WITH THE NWS...CDC...AND DHS...PROVIDES GUIDANCE THAT COMMUNITIES CAN USE TO DEVELOP MITIGATION PLANS. THIS GUIDEBOOK IS ONLINE AT /USE LOWER CASE LETTERS/:

[HTTP://WWW.EPA.GOV/HEATISLAND/ABOUT/HEATGUIDEBOOK.HTML](http://www.epa.gov/heatisland/about/heatguidebook.html)

FOR INFORMATION ON HEAT AND OTHER WEATHER HAZARDS NATIONWIDE, GO TO /USE LOWER CASE LETTERS/:

[HTTP://WWW.WEATHER.GOV](http://www.weather.gov)

EDUCATE YOURSELF AND THE PUBLIC ON THE DANGERS OF EXCESSIVE HEAT AND WHAT PREVENTIVE MEASURES TO TAKE TO AVOID HEAT RELATED ILLNESSES OR DEATHS. YOU MAY HELP SAVE LIVES.

FOR FURTHER INFORMATION...PLEASE CONTACT:

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[HTTP://WWW.NWS.NOAA.GOV/OM/NOTIF.HTM](http://www.nws.noaa.gov/om/notif.htm)

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