

A multi-day stretch of hot and humid weather will impact Central Pennsylvania over the next several days. The worst of the oppressive conditions will be focused over southeastern PA which will likely experience a multi-day heat wave.

Heat is typically the leading cause of weather related fatalities each year. Heat waves have the potential to cover a large area, exposing a high number of people to a hazardous combination of heat and humidity, which can be very taxing on the body. Learn how to stay safe during a heat wave at www.weather.gov/heat



A heat wave is a period of abnormally hot and humid weather, with temperatures $\geq 90^{\circ}\text{F}$ generally lasting more than 2 days. Heat waves have the potential to cover a large area, exposing a high number of people to a hazardous combination of heat and humidity, which can be very taxing on the body. Learn how to stay safe during a heat wave at www.weather.gov/heat

What is a Heat Wave

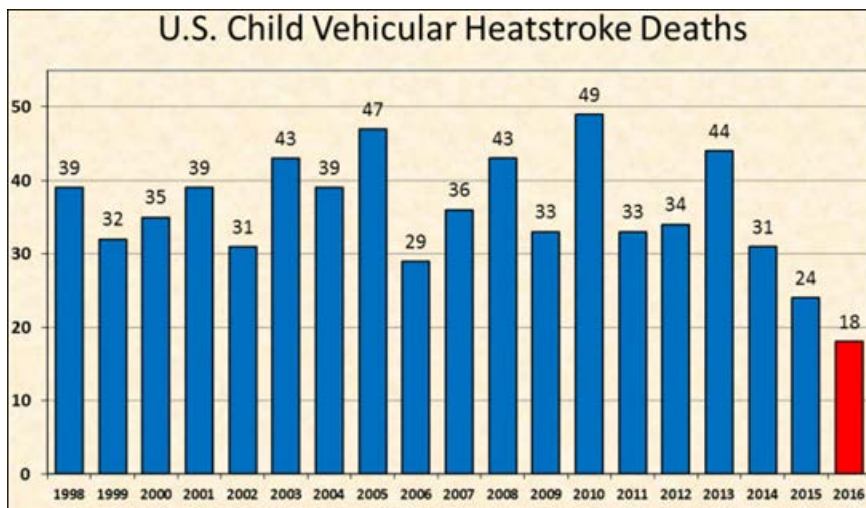
- Abnormally hot and humid weather lasting at least 2 days
- Heat waves can occur anywhere in the country and cause heat illness or even death

find out how to stay safe at www.weather.gov/heat

Weather-Ready Nation National Weather Service
National Oceanic and Atmospheric Administration weather.gov/heat

Never leave children, disabled adults or pets in parked vehicles. Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The effects can be more severe on children because their bodies have not developed the ability to efficiently regulate its internal temperature.

http://www.nws.noaa.gov/om/heat/children_pets.shtml





Did you know the air temperature can actually feel hotter than what the thermometer reads? The Heat Index is a measure of how hot it really feels when relative humidity is factored in. To find out how hot it feels, you can use the pictured chart or the Heat Index calculator found at: http://www.nws.noaa.gov/om/heat/heat_index.shtml

NWS Heat Index

		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
	90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127											
100	87	95	103	112	121	132											

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. Learn the symptoms of excessive heat exposure and the appropriate responses. <http://www.nws.noaa.gov/om/heat/heat-illness.shtml>



Heat Watch vs. Heat Warning

Excessive Heat Warning—Take Action! An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°; however, these criteria vary across the country, especially for areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously illness or even die.

Excessive Heat Watches—Be Prepared! Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.

Heat Advisory—Take Action! A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°; however, these criteria vary across the country, especially for areas that are not used to dangerous heat conditions. Take precautions to avoid heat illness. If you don't take precautions, you may become seriously illness or even die.

Excessive Heat Outlooks are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead-time to prepare for the event.

For more information:

<http://www.nws.noaa.gov/om/heat/>

<https://www.transportation.gov/fastlane/wheres-baby-heatstroke-kills>

<https://www.ready.gov/heat>

<http://toolkit.climate.gov/nihhis/>