

Massachusetts Emergency Management Agency

MEMA SITUATIONAL AWARENESS STATEMENT

DATE: July 18, 2019

TIME: 12:00 noon

SUBJECT: **Excessive Heat and Humidity - Friday through Sunday**

Situation

- **The National Weather Service (NWS) is forecasting excessive heat Friday through Sunday. Hot temperatures combined with high humidity levels are expected to create dangerous heat conditions, with the most oppressive conditions expected Saturday.**
- **High temperatures Friday-Sunday** are forecast to be in the 90s to lower 100s, and dew points in the low to mid 70s. Heat index values are expected to reach the mid to upper 90s Friday, 100 to 110 Saturday, and 97 to 105 Sunday, with the highest values occurring on Saturday in eastern Massachusetts and parts of the Connecticut River valley. Graphics provided below.
- **The National Weather Service (NWS) has issued an Excessive Heat Watch for most of Massachusetts for Saturday from 11:00 a.m. through 9:00 p.m.** Graphics provided below. NWS may issue additional heat-related watches, warnings, or advisories for Friday and/or Sunday.

Impacts

- Prolonged exposure to heat and humidity will **increase the risk of heat-related illnesses.**

Preparedness and Safety Information

- Never leave children or pets alone in a closed vehicle.
- Check with your local authorities or call 2-1-1 to find locations of cooling centers or shelters near you.
- Know the symptoms of and watch out for heat-related illnesses. Call 9-1-1 to report emergencies.
- Be a good neighbor. Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, those who may need additional assistance, and those who may not have air conditioning.

Heat Related Illnesses

- **Heat cramps:** are muscular pains and spasms caused by heavy sweating.
- Symptoms: Muscular pains and spasms that usually occur in the legs or abdomen

- **Treatment:** Get the person to rest in a comfortable position in a cooler place. Give the person water or fluids with electrolytes help them rehydrate.
- **Heat exhaustion:** typically occurs when people overexert themselves in a warm, humid place, and often affects those doing strenuous work in hot weather. Body fluids are lost through heavy sweating and blood flow to the skin increases, causing blood flow to vital organs to decrease. This is a form of mild shock.
- Symptoms: Cool, moist, pale or flushed skin, nausea, dizziness, headache, weakness, and/or exhaustion
- **Treatment:** Get the person to rest in a comfortable position in a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give them half a glass of cool water or fluids with electrolytes every 15 minutes, making sure the person drinks slowly. Watch the person carefully for changes in his or her condition and call 9-1-1 if it doesn't improve.
- **Heat stroke:** is the most serious heat emergency and is life-threatening. Heat stroke develops when systems in the body begin to stop functioning due to extreme heat. Heat stroke may cause brain damage or death if the body is not cooled quickly.
- **Symptoms:** Extremely high body temperature, hot and red skin (dry or moist), loss of consciousness, changes in level of responsiveness rapid and weak pulse, rapid and shallow breathing, vomiting, confusion, and/or seizures
- **Treatment:** A person suffering from heat stroke needs immediate assistance. Call 9-1-1 and move the person to a cooler place. Immerse the individual in a cool bath, wrap in cold wet sheets, or cover the person in bags of ice.

SATURDAY



