



## State of New Hampshire Department of Safety

Robert L. Quinn, Commissioner

Richard C. Bailey, Jr., Assistant Commissioner

Perry E. Plummer, Assistant Commissioner

### Homeland Security and Emergency Management

Jennifer L. Harper, Director



#### FOR IMMEDIATE RELEASE

Friday, July 19, 2019

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## PRESS RELEASE

### HSEM URGES CAUTION DURING EXTREME HEAT

CONCORD, N.H. – Homeland Security and Emergency Management Director Jennifer Harper urges residents to use caution as hot and humid weather in the 90s is expected through the weekend.

Call 9-1-1 to report emergencies. Residents can call 2-1-1 for cooling center locations and information.

The National Weather Service (NWS) in Gray, Maine, issued an Excessive Heat Watch for Merrimack, Strafford, Hillsborough and Rockingham Counties for Saturday (July 20, 2019) morning through Sunday (July 21, 2019) evening. Heat index values are expected up to 105 due to temperatures in the upper 90s and dew points in the lower 70s. The heat index values will rise into the mid to upper 90s by mid-morning and exceed 100 degrees most of the afternoon and early evening on both Saturday and Sunday.

The NWS in Gray, Maine, also issued a Heat Advisory for Grafton, Carroll, Sullivan, Belknap and Cheshire Counties for 11am Saturday (July 20, 2019) until 7pm on Sunday (July 21, 2019). Heat index values are expected to rise to 104 due to temperatures in the mid-90s and dew points in the lower-70s. The highest heat index values are expected in the afternoon and early evening each day.

Residents should take action before a heat emergency and can learn more at ReadyNH.gov - <https://www.readynh.gov/disasters/extreme-heat.htm>.

Harper offered the following safety tips:

- Never leave children or pets alone in closed vehicles.
- Drink plenty of water, even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Go to a designated public shelter if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.

Office: 110 Smokey Bear Boulevard, Concord, N.H.  
Mailing Address: 33 Hazen Drive, Concord, N.H. 03305  
603-271-2231, 1-800-852-3792, Fax 603-223-3609  
State of New Hampshire TDD Access: Relay 1-800-735-2964

- Sign up for NH Alerts to receive emergency information via your mobile and landline phones, including severe weather alerts from the National Weather Service and emergency information from HSEM.
- Check the weather and listen to a NOAA Weather Radio for critical updates from the National Weather Service.

If you must go outside:

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing sunblock and a wide-brimmed hat.
- Postpone outdoor games and activities.
- Stay indoors as much as possible and limit exposure to the sun.

**About NH HSEM:**

NH Homeland Security and Emergency Management (HSEM) provides a coordinated, integrated program for state-wide emergency management and homeland security, including coordination of the state response to emergencies, strategic and operational all-hazards planning; community preparedness; exercise and training; and grants planning and program management. HSEM is a division within the NH Department of Safety and is the state-level equivalent of the Federal Emergency Management Agency. Follow NH HSEM on *Twitter* at [https://twitter.com/NH\\_HSEM](https://twitter.com/NH_HSEM) and *Facebook* at <https://www.facebook.com/NH.HSEM>. Also, sign up for *NH Alerts* to receive emergency information via your mobile and landline phones, including severe weather alerts from the National Weather Service and emergency information from NH HSEM. To learn more about *NH Alerts* and other preparedness tools, visit [www.readynh.gov](http://www.readynh.gov) or call HSEM at (603) 271-2231.

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