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DEPARTMENT OF SAFETY
**Division of Homeland Security
and Emergency Management**

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PRESS RELEASE

HSEM URGES RESIDENTS, VISITORS TO PRACTICE SAFETY DURING EXTREME HEAT

CONCORD, N.H. – The National Weather Service (NWS) in Gray, Maine, issued a Heat Advisory for parts of New Hampshire from 12 p.m. Saturday until 8 p.m. Sunday.

The areas included in the advisory are Cheshire, Hillsborough and Merrimack counties and interior Rockingham County. Hot temperatures and high humidity are expected to lead to heat index values of up to 97. This is the first time NWS Gray has had to issue a Heat Advisory in May.

The Department of Safety's Division of Homeland Security and Emergency Management urges residents and visitors to take action before a heat emergency.

"Take the necessary steps to protect yourself and your family, including your pets, from heat-related illness," said Homeland Security and Emergency Management Director Jennifer Harper. "During extreme heat, stay hydrated and take extra precautions, such as frequent breaks, if you work or spend time outside."

Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year. Young children and infants, older adults, people with chronic medical conditions and pregnant women are at highest risk for heat-related illness.

Harper offers the following safety tips:

- Never leave children or pets alone in closed vehicles.
- Drink plenty of water, even if you do not feel thirsty.
- 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.
- 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, light-colored clothes that cover as much skin as possible.

Avoid dark colors because they absorb the sun's rays.

- Protect your face and head by wearing sunblock and a wide-brimmed hat.

- Limit exposure to the sun.

Residents and visitors can learn more at [ReadyNH.gov](https://www.ReadyNH.gov).

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NOTE: *The National Weather Service definition for Heat Advisories: 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 ill or even die.*