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DEPARTMENT OF SAFETY

Division of Homeland Security and Emergency Management

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NEWS RELEASE

HSEM ADVISES RESIDENTS, VISITORS TO PREPARE NOW FOR EXTREME HEAT

CONCORD, N.H. – The National Weather Service (NWS) in Gray, Maine, [has issued Heat Advisories](#) for most of New Hampshire on Tuesday. In addition, parts of the state also are under an Excessive Heat Watch through Thursday evening. According to NWS, the heat will peak in the middle of the week but will have hot days on both sides.

The potential heat wave is expected to have temperatures in the 90s reaching 100 in some areas. NWS says this will be the hottest stretch seen in recent years.

The Department of Safety's Division of Homeland Security and Emergency Management (HSEM) advises residents and visitors to take action before extreme heat is expected in New Hampshire.

“Take the necessary steps to keep yourself, your family and loved ones from experiencing heat related health issues,” said HSEM Director Robert Buxton. “It is important to stay hydrated and avoid the sun if possible. If you work or need to spend time outdoors, take frequent breaks and drink plenty of water. Make sure to check on neighbors, especially those who may be vulnerable.”

Director Buxton offers the following tips for heat safety:

- Stay on the lowest floor out of the sun if air conditioning is not available. Heat rises.
- Never leave children or pets alone in closed vehicles. Poor air quality and little to no air circulation means that, even with the windows down, your children or pets will be in danger of heat related illness.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers.
- Stay indoors as much as possible and limit exposure to the sun.

Visit ReadyNH.gov to learn more about preparing for extreme heat.

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