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FOR IMMEDIATE RELEASE

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PRESS RELEASE

HSEM URGES CAUTION DURING HEAT ADVISORY

CONCORD, N.H. – State Homeland Security and Emergency Management (HSEM) Director Perry Plummer today urged residents to use caution and contact their local fire department for cooling center information or for other assistance as hot and humid weather in the 90s is expected to continue into the evening.

The National Weather Service (NWS) issued a heat advisory for eastern Hillsborough, Strafford, and Rockingham counties until 8 p.m. A heat advisory means the heat index is 95 or higher, that is, temperatures will feel 95 or higher when the current temperature is combined with the effect of humidity.

Plummer offered the following safety tips:

- 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.
- Never leave children or pets alone in closed vehicles.
- 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, 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.

Follow NH HSEM on *Twitter* at 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 or call 271-2231.

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