

June 18, 2024

## National Weather Service Issues Heat Advisory

The [National Weather Service](#) has issued a heat advisory due to weather forecasts of a multi-day period of dangerous heat and humidity with heat indices ranging between 95 and 106 degrees across Massachusetts, including Worcester County.

This period of potentially dangerous heat begins on **Tuesday, June 18<sup>th</sup> and persists through Friday, June 21<sup>st</sup>.**

Extreme heat can be dangerous if proper precautions are not taken. In extreme heat and high humidity, the body must work extra hard to maintain a normal temperature. This can lead to heat cramps, heat exhaustion, or heat stroke.

To reduce the risks of heat related illness, the Massachusetts Department of Public Health recommend residents to:

- Minimize time spent outdoors, especially during the hottest parts of the day.
- Drink plenty of water. Avoid alcoholic beverages and liquids high in sugar or caffeine.
- Seek out air-conditioned buildings like libraries and community centers.
- Never leave children or pets in the car alone –temperatures will rise quickly.
- If you must be outdoors, limit your outdoor activity to the morning and evening hours. Try to rest often in shady areas so your body temperature will have a chance to recover. Use sunscreen with a high SPF and wear a wide-brimmed hat.
- Know the symptoms of and watch out for heat-related illnesses.
- 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.
- Call 2-1-1 to find locations of cooling centers near you.
- Call 9-1-1 to report any emergencies.

For more tips to stay safe in extreme heat and to learn how to recognize and respond to heat-related illnesses, visit [www.mass.gov/info-details/extreme-heat-safety-tips](http://www.mass.gov/info-details/extreme-heat-safety-tips).

