

National Weather Service issues Heat Advisory for Southeastern Massachusetts and RI

The National Weather Service in Taunton has issued a Heat Advisory, which is in effect from 1 PM this afternoon to 6 PM EDT this evening.

* Location...Most of Rhode Island and Southeastern Massachusetts.

* Heat Index Values...In the mid 90s due to temperatures in the low 90s, and dewpoints in the upper 60s.

* Timing...this afternoon.

* Impacts...The heat and humidity may cause heat stress during outdoor exertion or extended exposure.

PRECAUTIONARY/PREPAREDNESS ACTIONS...

A Heat Advisory means that a period of hot temperatures is expected. The combination of hot temperatures and high humidity will combine to create a situation in which heat illnesses are possible. Drink plenty of fluids, stay in an air-conditioned room, stay out of the sunshine, and check up on relatives and neighbors.

Take extra precautions, if you work or spend time outside. When possible, reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear light weight and loose fitting clothing when possible and drink plenty of water.

To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency, call 9 1 1.