

U.S. National Weather Service issues heat advisory for the SouthCoast, warns of heat stroke

The U.S. National Weather Service has announced a heat advisory to be in effect from 11:00am on Tuesday to 7:00pm on Wednesday.

WHAT: Heat index values between 95 and 100 degrees expected Tuesday afternoon and again Wednesday afternoon.

WHERE: The south coasts of both Rhode Island and Massachusetts.

IMPACTS: Hot temperatures and high humidity may cause heat illnesses to occur.

PRECAUTIONARY/PREPAREDNESS ACTIONS:

Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors. Young children and pets should never be left unattended in vehicles under any circumstances.

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 lightweight and loose-fitting clothing when possible.

To reduce the 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 911.