

STATUS OF THE STATE EMERGENCY OPERATIONS CENTER - MONITORING

For Planning Purposes...

A strong Bermuda High Pressure System will bring hot and humid conditions to our area for the next several days. Daytime high temperatures are forecast to reach the mid to upper 90's this afternoon and Tuesday afternoon and the low to mid 90's on Wednesday. Afternoon sea breezes may bring some relief to southern CT however increasing levels of humidity especially on Tuesday and Wednesday will make the actual temperature feel 5 - 10 degrees hotter.

The attached graphic shows the forecasted high temperatures for the Hartford Area (and most of inland Connecticut away from the coast) and the corresponding heat index values (apparent temperatures) for the next 4 days. The heat index (a combination of the actual temperature and humidity) may reach the NWS Heat Advisory criteria (Apparent Temperature = 100 F) this afternoon and may reach the NWS Excessive Heat Warning threshold (Apparent Temperature = 105 F) on Tuesday afternoon.

Since heat index temperatures are defined in shady conditions, also included on the attached graphic is the apparent temperature in full sun conditions (sun symbol). Anyone working out in full sun should take extra precautions to avoid heat exhaustion and heat stroke.

Tips for avoiding heat related illness:

- Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk (very old, very young and persons who suffer from asthma) should stay in the coolest available place, not necessarily indoors.
- Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- Drink plenty of water or non-alcoholic fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty.
- Do **not** drink alcoholic beverages.
- Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat.
- Never leave persons, especially children, and pets in a closed, parked vehicle.
- Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

By the end of the week, temperatures are forecasted to moderate slightly as some clouds and showers move into our area Wednesday afternoon through Friday. The Department of Emergency Management and Homeland Security will continue to monitor the latest forecasts and will issue another update on Tuesday morning at 9:00 AM.

Sincerely,

Doug Glowacki



M. Jodi Rell  
Governor

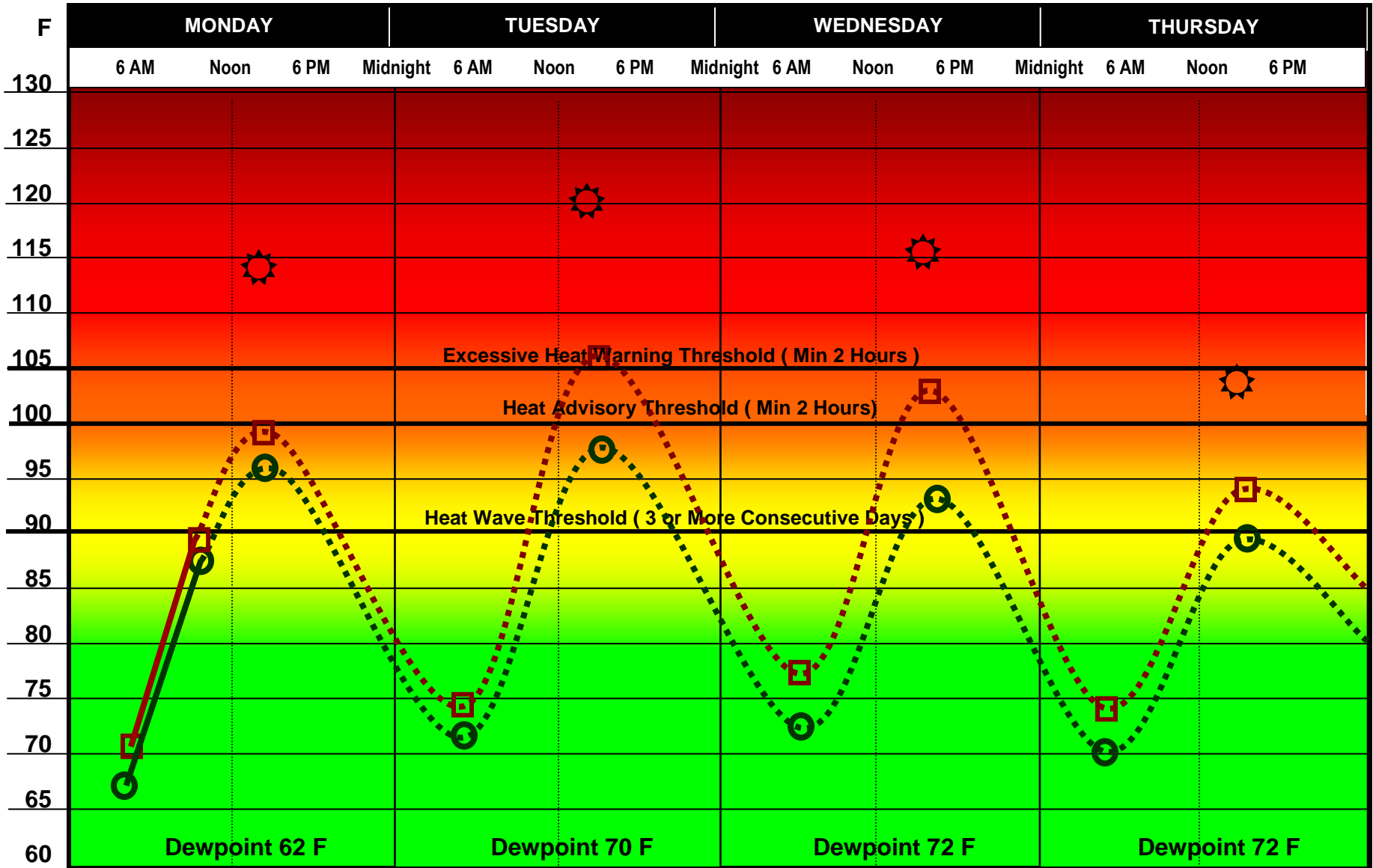
# TEMPERATURE AND HEAT INDEX PLOT

## Hartford Area

### JULY 5 - 8, 2010

DEPARTMENT OF EMERGENCY MANAGEMENT  
AND HOMELAND SECURITY

Peter J. Boynton, Commissioner  
Betsey J. S. Hard, Deputy Commissioner



Actual Air Temperature

Actual Heat Index Temperature

Forecasted Air Temperature

Forecasted Heat Index Temperature

Full Sun Heat Index Temperature

# NOAA's National Weather Service

## Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	118	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	126	130					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution

Extreme Caution

Danger

Extreme Danger