



National Weather Service Wilmington, NC



Weekend Weather Brief and Hazard Overview July 20–21

...Dangerous Heat Wave Building from Central US Plains to the Carolinas...

Heat will intensify this weekend, to hazardous levels, as a upper ridge of hot air expands this weekend, over the central US plains, eastward to the Carolinas.

Afternoon heat in the mid and upper 90s, combined with summer humidity, will create apparent temperatures of 104 to 110 Saturday and Sunday, producing the highest heat indices of the summer so far ! Thunderstorms remaining isolated to few this weekend.

Weekend Hazards - High Heat Index 104- 110 degrees, Isolated lightning strikes

Preparedness - Recognize symptoms of heat illness, take action.
If the sky darkens and thunder does roar, seek safety, go indoors

HEAT EXHAUSTION: WHAT TO WATCH FOR

| Heat exhaustion symptoms can include: | Heatstroke symptoms can include: |
|---------------------------------------|---------------------------------------|
| Heavy Sweating | Lack of sweating |
| Feeling Weak or Confused | Confusion, disorientation, staggering |
| Dizziness | Red, hot, and dry skin |
| Nausea | Throbbing headache |
| Headache | Nausea and vomiting |
| Cold, clammy skin | Rapid heartbeat |
| Fast, weak heartbeat | Rapid, shallow breathing |

STAY HEALTHY IN THE HEAT

- Drink water**
Fill a bottle with cold water and take it with you when you're out and about.
- Plan your day**
Avoid going out in the heat.
- Stay cool**
Make use of fans or air-conditioners set to cool. Draw your blinds or curtains.
- Help others**
Check on friends, family and neighbours most at risk like the sick, elderly and young.
- Dress down**
Wear lightweight, long sleeved, light coloured, loose fitting clothes made from natural fibres, like cotton or linen.
- Hot cars can be deadly**
Don't leave children or animals in cars. The temperature inside parked cars can double within minutes.
- Soak**
Take a cool shower or bath to help you cool down when you feel hot.
- Shade**
Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

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