

The National Weather Service has issued a **heat advisory for Friday and Saturday (July 19-20)**. High temperatures are forecast to reach the low-to-mid 90s with high humidity causing heat indices to approach or exceed 100°F. Nighttime lows are forecast to stay above 70°F, making it challenging for people without access to air conditioning to find relief.

Vermont data indicates that emergency department visits for heat-related illnesses begin to increase when temperatures reach the mid- to upper-80s, with impacts getting progressively worse as temperatures rise into the 90s. Preliminary data from last year's June 30-July 5 heat wave indicates that there were 4 heat-related deaths and 15 times more heat-related EMS calls and emergency department visits than the historical average.

Populations most affected

Individuals who are generally at higher risk for heat-related health impacts include: older adults, young children, homeless people, outdoor workers and hobbyists, pregnant women, people who are overweight, those with chronic medical conditions, disabilities or mental illness, people using recreational drugs or alcohol, and those using certain prescription medications.

If you work outside or manage outdoor workers, please consider the following:

- Provide all workers with water, rest breaks, and shade.
- Establish a policy for modifying or cancelling strenuous activities on hot days.
- Make sure that you and your workers can recognize symptoms of heat illnesses and are looking out for each other: <https://www.cdc.gov/disasters/extremeheat/warning.html>
- Have an emergency plan in place for providing medical attention in the event of a serious heat illness.
- For more resources on protecting your workers from heat illnesses, please visit www.osha.gov/heat/index.html.

For more information about risk factors, symptoms and safety tips:

healthvermont.gov/climate/heat Safety tips are available in English plus Arabic, Burmese, Chinese, French, Kirundi, Nepali, Somali and Spanish.

National Weather Service Hazardous Weather Outlook: www.weather.gov/btv/ehwo

Questions? Call the Vermont Department of Health/Environmental Health at 802-863-7220.