

\*Excessive Heat Warning: 1PM Wed - 6AM Fri. Drink plenty of fluids. Check on relatives and neighbors.\*

Excessive heat warning in effect from 1 PM Wednesday to 6 am EDT Friday...

The National Weather Service in Mount Holly has issued an excessive heat warning... which is in effect from 1 PM Wednesday to 6 am EDT Friday. The excessive heat watch is no longer in effect.

\* Locations... in and near the Interstate 95 corridor from Trenton to the Philadelphia Metro area to Wilmington Delaware.

\* Heat index values... 98 up to 103 degrees due to afternoon temperatures in the mid to upper 90s... and mid afternoon dewpoints ranging between 65 and 70.

\* Overnight lows... in the urban centers 75 to 80 degrees both Thursday and Friday mornings.

\* Relief... significant relief arrives Friday night and Saturday.

\* Impacts... the worst impacts would be felt by those who live and/or work in urban areas.

Precautionary/preparedness actions...

An excessive heat warning means that a prolonged period of dangerously hot temperatures will occur. The combination of hot temperatures and high humidity will create a dangerous situation in which heat illnesses are likely. Drink plenty of fluids... stay in an air-conditioned room... stay out of the sun... and check up on relatives and neighbors.

Take extra precautions if you work or spend time outside. When possible... reschedule strenuous activity 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.

For updated forecasts, visit the National Weather Service at [www.weather.gov/phi](http://www.weather.gov/phi)

For more information on emergency preparedness, visit [www.phila.gov/ready](http://www.phila.gov/ready)