

BOONE COUNTY OEM:

Heat Advisory issued June 18 at 3:35AM CDT until June 19 at 8:00PM CDT by NWS Saint Louis ...HEAT ADVISORY NOW IN EFFECT UNTIL 8 PM CDT TUESDAY...

* TIMING...A dangerous combination of heat and humidity will continue through early Tuesday evening.

* HEAT INDEX VALUES...Up to 103 due to temperatures in the lower to mid-90s, and dew points in the lower to mid-70s.

* IMPACTS...The combination of hot temperatures and high humidity will likely lead to an increased risk of heat-related stress and illness. The very young, the elderly, those without air conditioning, and those participating in strenuous outdoor activities will be the most susceptible. Also, car interiors can reach lethal temperatures in a matter of minutes.

PRECAUTIONARY/PREPAREDNESS ACTIONS...

A Heat Advisory means that a period of hot temperatures and high humidity will occur. This combination will create a situation in which heat-related illnesses are possible, especially for those living in un-air conditioned homes or apartments. People in the Advisory area are advised to avoid poorly ventilated areas and prolonged work in the sun. Also, keep plenty of liquids on hand and try to stay in an air conditioned environment.

Take extra precautions if you work or spend time outside. When possible, reschedule strenuous activities to the 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 immediately.

Where's baby? Look before you lock! Young children and pets should never be left unattended in vehicles under any circumstances. This is especially true during warm or hot weather when car interiors can reach lethal temperatures in a matter of minutes.