

# Understanding Heat Advisories

Having a health emergency?

Call 911 and contact your doctor.

Heat claims many lives every year across the United States. According to the National Weather Service, more deaths are caused by extreme heat than by floods, lightning, tornadoes and hurricanes combined. Though Oregon is known for its rain, the state has seen extreme heat events in the past. In the summer of 2009, temperatures at Portland International Airport reached 106 degrees for two days. In Ontario, summer temperatures regularly hit 90 degrees or more.

## **What is a heat wave?**

We all know it when we feel it, but there is no single definition. A heat wave is a period of abnormally high temperatures and normal temperatures vary from place to place. The National Weather Service suggests that excessive heat events are:

- At least two days of temperatures above 100 degrees, or
- At least two days when heat and humidity *feel* like 105 degrees or more.

The National Weather Service issues alerts to help communities and individuals prepare for excessive heat. These alerts are based mainly on Heat Index Values. The heat index tells you how hot it feels, based on both temperature and humidity. You can sign up to receive heat and other weather alerts at [www.weather.gov](http://www.weather.gov). (Follow the link "Sign up for e-mail alerts" in the left menu.)

Here are the types of heat alerts the National Weather Service issues and what they mean.

## **National Weather Service**

<http://www.weather.gov/view/national.php?thumbs=on>

## **American Red Cross**

<http://oregonredcross.org/index.asp?IDCapitulo=663B0ID44V>

## **Environmental Protection Agency**

<http://www.epa.gov/>



OHA Facebook

[www.facebook.com/OregonHealthAuthority](http://www.facebook.com/OregonHealthAuthority)



OHA Twitter

[www.Twitter.com/OHAOregon](http://www.Twitter.com/OHAOregon)

## **Excessive Heat Outlook**

Issued when an excessive heat event might happen in the next week.

An outlook tells public utilities, emergency management and public health departments to start planning for a possible heat wave.

## **Excessive Heat Watch**

Issued when an excessive heat event is likely in the next 12 to 48 hours.

A watch means very hot weather is likely within the next day or two, but forecasters are still not certain whether it will occur or exactly when it will begin. A heat watch is issued to give agencies and persons who need to prepare time enough to do so.

# Understanding Heat Advisories

## Local Health Departments

Baker.....	541-523-8211
Benton .....	541-766-6835
Clackamas .....	503-655-8430
Clatsop .....	503-325-8500
Columbia.....	503-397-4651
Coos .....	541-756-2020 x510
.....	.....ext. 510
Crook .....	541-447-5165
Curry .....	541-247-3300
Deschutes .....	541-322-7400
Douglas .....	800-234-0985
Gilliam.....	541-384-2061
Grant.....	541-575-0429
Harney .....	541-573-2271
Hood River .....	541-386-1115
Jackson.....	541-774-8209
Jefferson .....	541-475-4456
Josephine.....	541-474-5325
Klamath.....	541-882-8846
Lake.....	541-947-6045
Lane .....	541-682-4041
Lincoln .....	541-265-4112
Linn .....	541-967-3888
Malheur .....	541-889-7279
Marion .....	503-588-5357
Morrow.....	541-676-5421
Multnomah.....	503-988-3674
Polk .....	503-623-8175
Sherman .....	541-506-2600
Tillamook .....	503-842-3900
Umatilla .....	541-278-5432
Union .....	541-962-8801
Wallowa.....	541-426-4848
Wasco .....	541-506-2600
Washington .....	503-846-8881
Wheeler .....	541-763-2725
Yamhill .....	503-434-7525

## Excessive Heat Advisory

Issued when an excessive heat event is imminent.

A heat advisory is less serious than a heat warning. An advisory means it will be hot enough to be very uncomfortable, and unless you are cautious it could be dangerous to your health and threaten life or property.

## Excessive Heat Warning

This is the most serious heat alert, issued when conditions pose a threat to life or property. It means that within 12 hours the heat index will be at least 105 F.

The greater the heat index, the more danger there is of you becoming dehydrated or suffering a heat-related illness. The heat index chart below shows how hot it feels and the danger to your health based on the combination of temperature and humidity.

### NOAA's National Weather Service

Heat Index  
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	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

V.1.0 revised 08/2011

This document can be furnished in alternate formats for individuals with disabilities. Available formats are large print, Braille, audio tape, electronic, oral presentation and computer disk (in ASCII format).  
Call 971-673-1244