DANGEROUS HEAT INDICES EXPECTED TO CONTINUE THROUGH MONDAY
~Floridians urged to take precautionary actions to avoid heat illness~

TALLAHASSEE – State and local emergency management officials strongly urging residents and visitors to the Sunshine State to use caution as afternoon temperatures climb over 100 degrees. The weekend forecast temperatures are in the 99 -105 degree range with heat indices of 105 -115 degrees in many inland areas of the state through Monday.

The National Weather Service has issued heat advisories for the entire Florida Panhandle and Big Bend due to extremely dangerous heat indices. These advisories will likely be extended across the rest of north and central Florida this weekend. These high heat index values are expected to persist for several hours each day.

“I urge Floridians and our guests to be extremely cautious of this blistering forecast. Follow heat safety tips to keep your family, friends and pets safe on this holiday weekend,” said Ruben D. Almaguer, interim director of the Florida Division of Emergency Management.

What is the Heat Index?
Surrounded by the Atlantic Ocean and the Gulf of Mexico, Florida is often influenced by tropical moisture, especially during the summer months. When high humidity values combine with high temperatures, our bodies think it’s hotter than it actually is. This is called the heat index. The heat index is an accurate measure of how hot it really feels when relative humidity is added to the actual air temperature. When the heat index reaches more than 105 degrees Fahrenheit, conditions become dangerous for the general population.

A person can experience sunstroke, heat craps, heat exhaustion and even heatstroke if exposed to these conditions for a long period of time. The National Weather Service will issue heat advisories and warnings when this combination of heat and humidity causes the heat index to reach extreme levels.

Heat Safety Tips

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun’s energy. It is also a good idea to wear a hat or to use an umbrella.
- **Avoid overexposure to the sun.** Sunburn makes the body’s job of heat dissipation that much more difficult.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
• **Eat small meals and eat more often.** Avoid high-protein foods, which increase metabolic heat.

• **Slow down and avoid strenuous activity.** If you must do strenuous activity, do it during the coolest part of the day – morning hours between 4 and 7 a.m.

• **Stay indoors when possible.** If air-conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.

• **Be a good neighbor.** Check in on elderly residents in your neighborhood and those who do not have air conditioning.

• **Don’t forget your pets.** Make sure they have access to water, ventilation and shade.