



National Weather Service

Gray, Maine (Phone: 207-688-3224 / Email: gyx.skywarn@noaa.gov)

July 18, 2019

2:13 PM

Hot/Humid Friday through Sunday with Excessive Heat Possible Saturday

Heat Risk - Saturday (Select for Risk Info)	Safety / Preparedness Infographic
<p>Excessive Heat Risk Valid: 07/20/2019 08:00 AM - 07/21/2019 08:00 AM EDT</p>	

Highlights/Key Messages

- Hottest weather of the summer on our doorstep with a three day stretch (Fri-Sun) of hot and humid conditions
 - Hottest day will be **Saturday** with temperatures in the upper 90s over southern NH/southwestern ME and heat indices over 100
 - Heat indices over 95 are expected across southern NH **all three days**
- Overnight lows will remain well above 70 over southern areas Friday/Saturday Nights
- There is a limited threat of thunderstorms each day. An isolated severe thunderstorm is possible.
- Confidence is moderate that we will reach heat warning criteria (Heat Index 105F) over portions of southern New Hampshire on Saturday with some potential for clouds or drier air to limit heat indices

Safety/Preparedness Tips for the Public

- ✓ Limit Outdoor activities, Drink Plenty of Water, Wear Light Colored Clothing, Check on the elderly, Never leave children or pets in parked vehicles

See www.weather.gov/safety/heat for heat safety information

For More Information

Go to www.weather.gov/gray and www.weather.gov/gyx/EMheat