

Urgent – Immediate Broadcast Requested

Excessive Heat Warning

Antigua and Barbuda Meteorological Service

7:20 am Saturday 06 April 2024

...Excessive Heat Warning in Effect for Antigua and Barbuda 8:30 a.m. to 4:30 p.m. Until Tuesday...

Heat Index or Feels-Like Temperature: Up to a max of around 50 °C or 122 °F

Location: Antigua and Barbuda.

Timing: 8:30 a.m. to 4:30 p.m. until Tuesday.

Synopsis: The combination of high temperatures, relatively high humidity and light winds will result in dangerously hot conditions. The threat of health problems, for mainly sensitive people, is forecast to be high, with the potential for extensive impacts. An excessive heat warning is issued within 12 hours of the onset of dangerously hot conditions. The threshold for this warning is when the maximum **heat index (which is the perceived temperature by the body based on the combination of the air temperature and humidity)** is expected to reach 41 °C or 106 °F or higher, for two or more consecutive days, with winds 18 km/h (11 mph) or less. The maximum heat index is likely to occur during the early afternoons.

Sensitive groups: While extreme heat can put everyone at risk for heat illnesses, health risks are greatest for the elderly, young children, people with chronic illnesses such as breathing difficulties, heart conditions or psychiatric illnesses, people who work or who exercise in the heat, homeless people and low-income earners.

Potential Health implications: Heat illnesses, including heat cramps, heat exhaustion and heat stroke. Heat illnesses can lead to long-term health problems and heat stroke can lead to death.

Caution: If any symptoms of heat illness are present (such as dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, or extreme thirst) immediately move to a cool place and drink liquids; water is best. The most dangerous heat illness is heat stroke, with symptoms that include complete or partial loss of consciousness or confusion and high body temperature. If caring for someone with those symptoms, **call 911 immediately**. While waiting for help, cool the person right away by moving them to a cool place, applying cold water to large areas of the skin or clothing and fanning the person as much as possible.

Everyone should stay alert and take precautions – stay cool and hydrated. Check on vulnerable family members, friends and neighbours. Those who take medication or have a health condition should ask their doctor if it increases their health risk in the heat and follow their recommendation.

Take action! This excessive heat warning will be updated accordingly. Stay tuned to updates from the Meteorological Office through antiguamet.com and Twitter, Facebook and YouTube @abmetservice.

Forecaster: Dale Destin