

*Anna J. Thomas, MPH*  
*Public Health Director*



*Chief Daniel Goonan*  
*Fire Chief and Emergency Management*  
*Director*

**CITY OF MANCHESTER**  
*Health Department*  
*Fire Department*

**For Immediate Release**

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**Contacts:** (Health): Aaron Krycki, MPH, REHS, HHS 624-6466  
(Fire): Assistant Chief Richard McGahey 669-2256

**Excessive Heat Watch Issued**

The National Weather Service (NWS) has issued an **Excessive Heat Watch** for Saturday morning (07/20/19) through early evening Sunday (07/21/19). An Excessive Heat Watch is issued for areas most likely to see heat index values of 105 degrees or higher, which is expected for Saturday in the Greater Manchester region. While the beginning of it will arrive today, the worst of the heat and humidity will be on Saturday and could last into Sunday as well. These conditions may pose a health danger to the public, especially young children, elderly adults, people who work outside, and those with chronic health conditions.

In response, the **Manchester City Library (405 Pine Street) will be extending its hours of operation for cooling purposes on Saturday (7/20/19) from 9:30am to 5:00pm.** Additionally, other public places that are accessible by public transportation, such as the Mall of NH and local swimming pools, are locations to consider for cooling purposes.

People tend to suffer heat-related illness when the body's temperature control system is overloaded. Usually, the body cools itself by sweating, but in some cases sweating is not enough. When that happens, a person's body temperature rises rapidly. Very high body temperatures can damage the brain and other vital organs.

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that adversely affect temperature regulation include old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol abuse.

Understanding the inherent danger of extreme heat, health and emergency management officials in Manchester previously issued a Press Release on Tuesday (7/16/19) with additional recommendations and resources. For this information, please visit:

<https://www.manchesternh.gov/Portals/2/Departments/HEALTH/HeatAdvisoryPressRelease.pdf>

**OTHER RESOURCES**

To access the Centers for Disease Control and Prevention's Extreme Heat Media Toolkit, please visit:

<http://www.cdc.gov/extremeheat/index.html>  
<https://www.weather.gov/safety/heat>  
<https://www.weather.gov/wrn/summer2019-heat-sm>

1528 Elm Street • Manchester, New Hampshire 03101 • (603) 624-6466  
Administrative Fax: (603) 624-6584 ~ Community Health Fax: (603) 665-6894  
Environmental Health & School Health Fax: (603) 628-6004  
E-mail: [health@manchesternh.gov](mailto:health@manchesternh.gov) • Website: [www.manchesternh.gov/health](http://www.manchesternh.gov/health)