



Town of Kensington, New Hampshire
Office of Emergency Management
95 Amesbury Road
Kensington, NH 03833

July 16, 2019

Public Release- Heat Advisory

The next few days are forecast to be very hot with high humidity. Please check on elderly neighbors/friends and watch children who can easily be affected by the heat. Consider relocating to a cooler environment especially during the afternoon (high heat) hours.

Signs of heat emergencies may include:

- Excessive sweating with pale, clammy skin
- Altered mental status (sleepy, slurring, not coherent)
- Nausea and/or vomiting
- Difficulty breathing or audible wheezing
- Red, hot and dry skin (late sign- this is a serious emergency!)

Be sure to drink plenty of hydrating fluids before and during the high temperatures. Cool water is best. If you see the above signs or symptoms, call 911 and the FD/ PD will respond to assist. Cooling shelters can be the Library (when open) and the Town Hall for short term stays (if needed). Other facilities in the area may be staffed or opened should the need arise. Please call Emergency Management Director Jon True if you need more information at 603-918-1615.