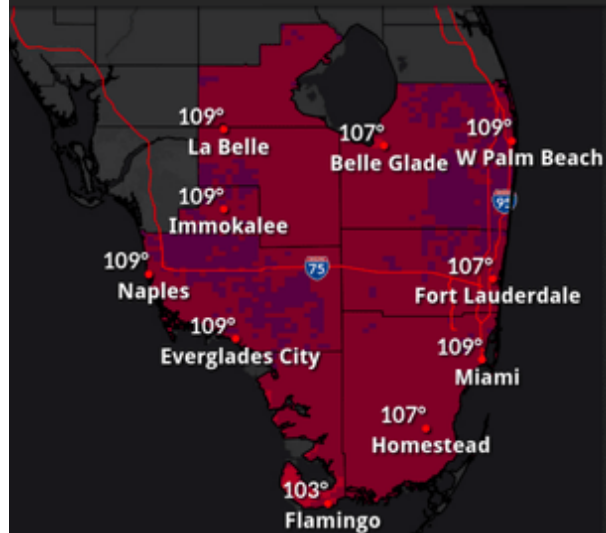


Dangerous Heat Index Values Today

Heat Advisory 11 AM Through 7 PM



→ Peak Heat Index values in the **105 to 110** degrees range across South Florida

→ Heat Risk: Major with prolonged exposure

Actions to take...



Hydrate
drink before you are thirsty



Stay in a Cool Place
especially during the heat of the afternoon!



Use Air Conditioning
fans and open windows will not be enough



Limit Outdoor Activities
mainly between 10am and 5pm



**NATIONAL WEATHER SERVICE
MIAMI - SOUTH FLORIDA**

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