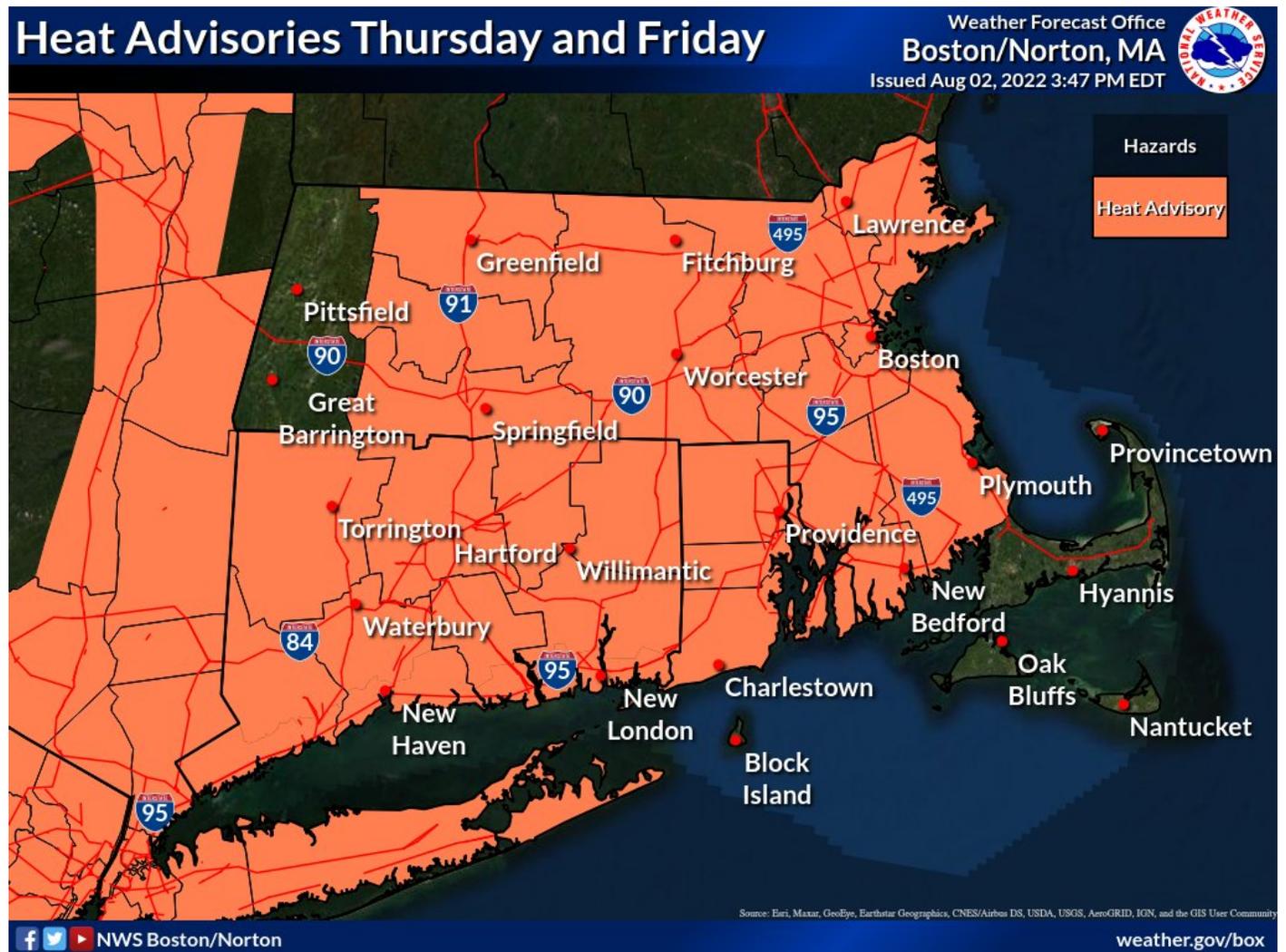


# Heat Advisory - Dangerous heat index Thu, Fri: Thunderstorms possible Fri, Sat

A Heat Advisory is effective Thu 11am-Fri 8pm in RI, MA, and CT for dangerous heat index (combination of heat and humidity) up to 100F. The body loses the ability to regulate its temperature by evaporating sweat, possibly causing severe illness such as heat stroke, which is life-threatening.

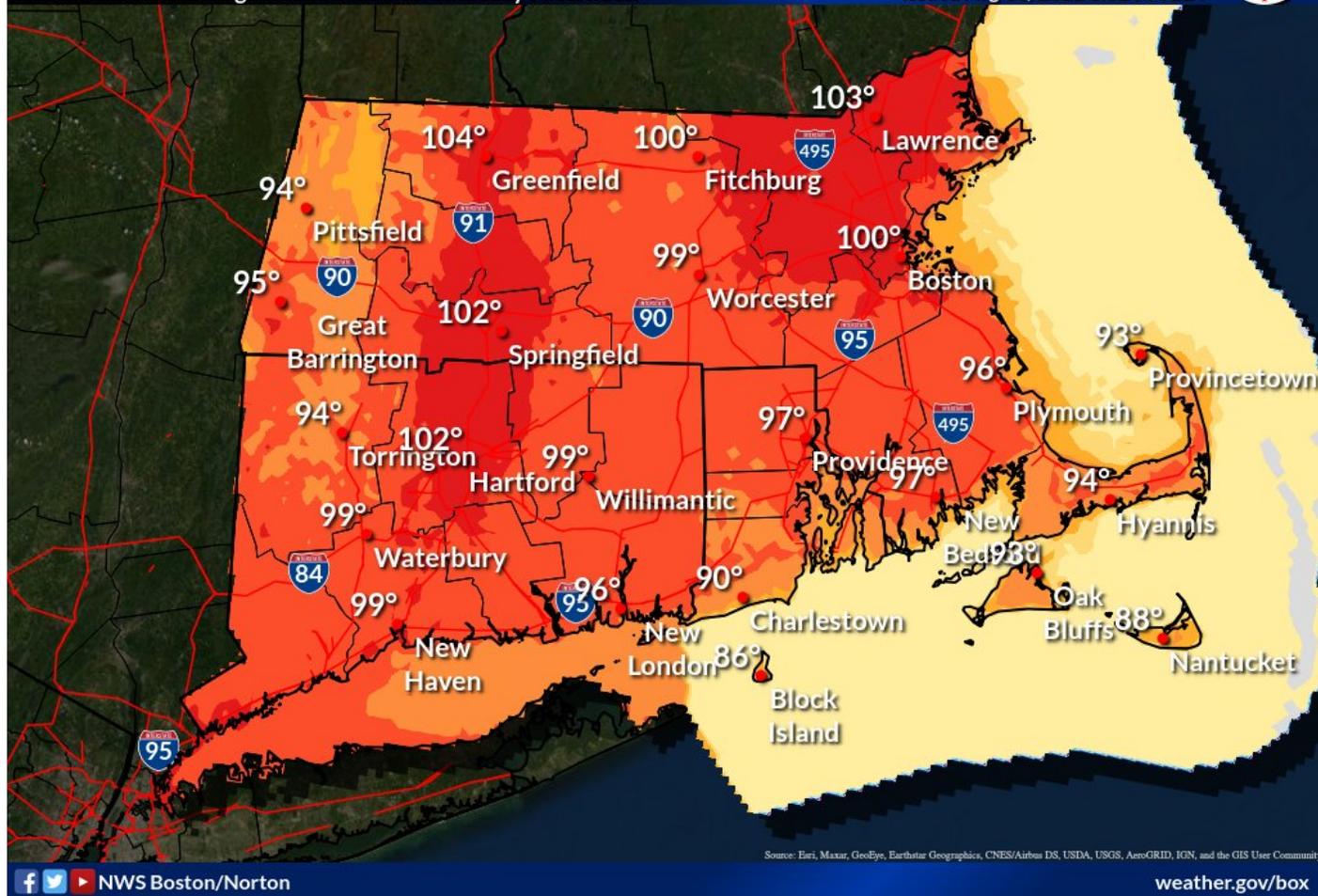


The heat index is an estimate of the “apparent temperature” based on the combined temperature in the shade as measured by an ordinary dry bulb thermometer and the relative humidity. Conditions in direct sunlight will usually be substantially hotter.

# Max Heat Index Thursday

Heat index values range from 95-105 on Thursday Afternoon

Weather Forecast Office  
Boston/Norton, MA  
Issued Aug 03, 2022 3:52 PM EDT



Source: Eari, Maxar, GeoEye, Earthstar Geographics, CNES/Airbus DS, USDA, USGS, AeroGRID, IGN, and the GIS User Community

NWS Boston/Norton

[weather.gov/box](https://weather.gov/box)

At Providence, Thu temperatures are expected to exceed 90F during 12-6pm with a high of 93F around 3pm, and relative humidity at least 45%. An Air Quality Alert is in effect Thu 11am-11pm.

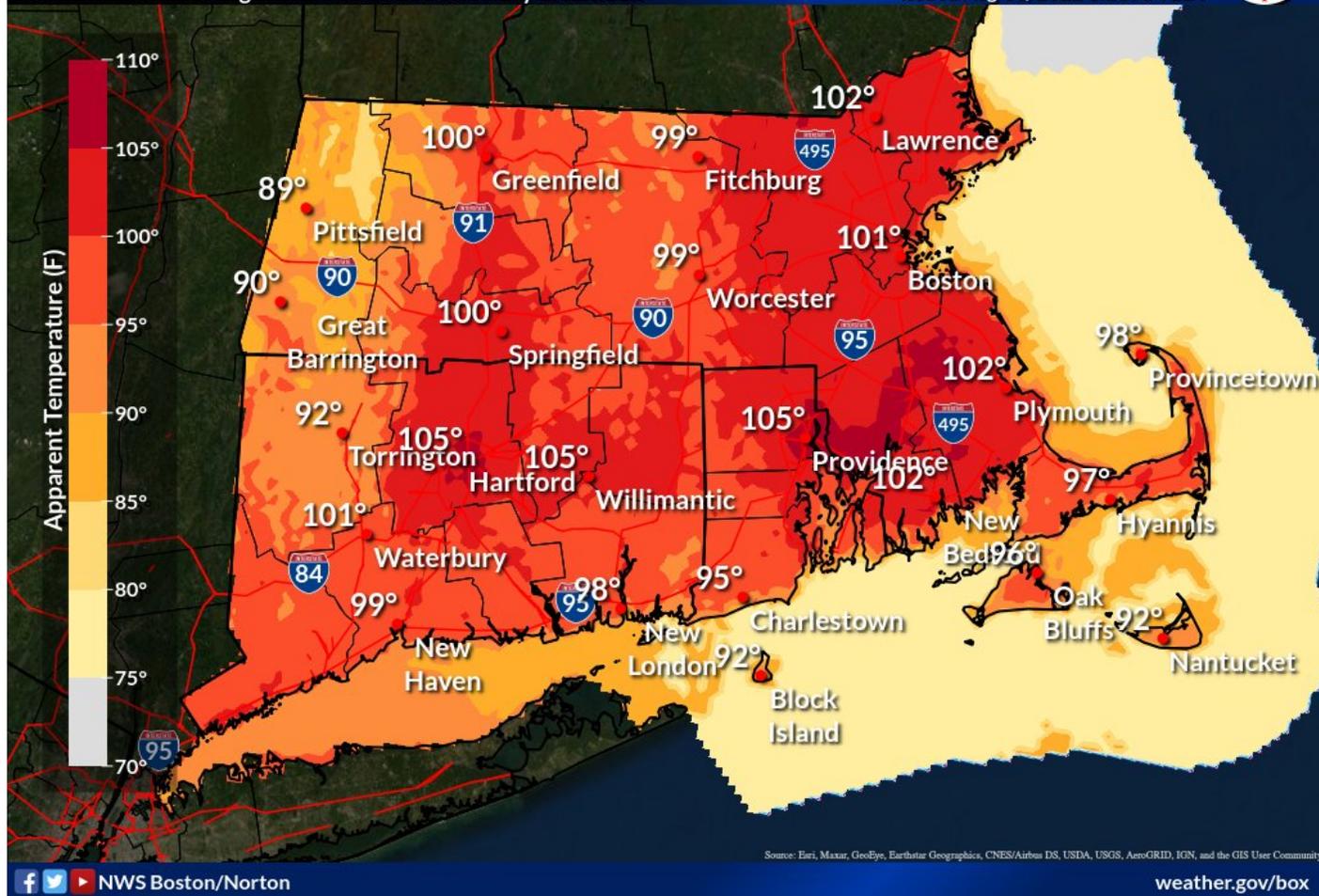
# Max Heat Index Friday

Weather Forecast Office  
Boston/Norton, MA



Heat index values range from 100 to 105 on Friday afternoon

Issued Aug 03, 2022 3:13 AM EDT



Fri temperatures are expected to be slightly lower, exceeding 90F during 12–4pm a high of 92F around 1pm, but relative humidity at least 55% throughout the day.

Sat will be hot just below Heat Advisory criteria, exceeding 85F during 12–6pm with a high of 88F around 4pm, and relative humidity at least 55% throughout the day.

NWS advises “Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors. Young children and pets should never be left unattended in vehicles under any circumstances. Take extra precautions if you work or spend time outside. When possible reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear lightweight and loose fitting clothing when possible. To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency! Call 911.”

Thunderstorms could develop anytime Fri 11am–Sat 1pm, with a consistent chance of rain 20–30% throughout the period and peak likelihood during maximum thermal instability in the hours immediately surrounding sunset and sunrise.