



## Media Contact

We would be happy to provide additional information about this press release. Simply contact [David Morgan](mailto:David.Morgan@nmhealth.org) at 575-528-5197 (Office) or 575-649-0754 (Mobile) with your questions.

# Heat advisory issued before official start of summer

June 12, 2024 - [Environmental Health](#) - [Safety](#)

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SANTA FE – The New Mexico Department of Health (NMHealth) urges New Mexicans to take precautions to avoid heat-related illnesses as much of the state warms up again this mid-week. Temperatures are forecasted to reach 105°F and higher in the southern parts of the state and to reach 100°F in Albuquerque and Farmington on Thursday.

“We continue to see an increase in heat illnesses in New Mexico. Since April 1 there have been at least 224 heat-related visits to emergency departments around New Mexico,” said Dr. Miranda Durham, Chief Medical Officer for NMHealth. “Protect yourself and others when it’s hot outside by staying cool, staying hydrated and knowing the symptoms.”

Heat-related illness symptoms include:

- Cold, pale and clammy skin.
- Fast, weak pulse.
- Nausea or vomiting.
- Muscle cramps.
- Tiredness or weakness.
- Dizziness.
- Headache.
- Fainting (passing out).

- Heavy sweating.

Here are precautions everyone should take, especially people at high risk of heat-related illnesses: outdoor workers, young children and infants, adults over 65 years old, people with existing chronic health conditions or without access to air conditioning.

- Staying cool inside and/or in shade where possible.
- Keeping window shades drawn during the day to help keep the heat out.
- Drinking plenty of water and avoiding alcohol. (Just as water hydrates you, alcohol dehydrates you.)
- Wearing lightweight, loose-fitting, light-colored clothing.
- Scheduling outdoor activities for cooler times of the day.
- Pacing yourself.
- Never leaving children or pets in the car.
- Having a plan to get somewhere with air conditioning, such as a library or friend's house especially for older adults and people with medical needs.
- Helping people who have limited capacity to understand how to avoid heat-related illness.

You can find more information at [NM-Tracking – Heat-Related Illness](#) and check the recently released [heat-related illness dashboard](#) to get current information on heat-related emergency departments visits. To track your heat risk, the [National Weather Service \(NWS\) HeatRisk map](#) and the [NWS/Centers for Disease Control and Prevention's HeatRisk](#) tool also provide forecasts of heat-related impacts.

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## **Versión en Español**

En un esfuerzo para hacer que nuestros comunicados de prensa sean más accesibles, también tenemos disponibles una versión en español. Por favor presione el enlace de abajo para acceder a la traducción.

[Manténgase a salvo - manténgase fresco: Se emite un aviso sobre el calor antes del comienzo oficial del verano](#)