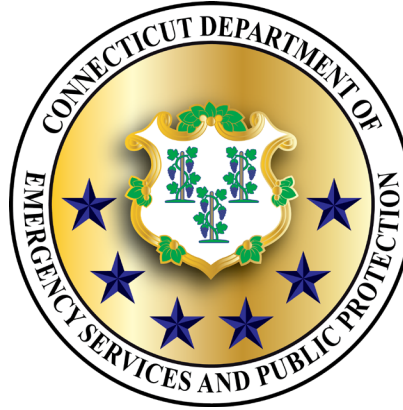


EXTERNAL UPDATE
AT 8:00 AM



4-DAY HEAT WAVE EXPECTED TODAY THRU SUNDAY GOVERNOR ACTIVATES THE EXTREME HEAT PROTOCOL SLIGHT RISK OF SEVERE THUNDERSTORMS TODAY & FRIDAY

Connecticut Department of Emergency Services & Public Protection
Division of Emergency Management & Homeland Security

Governor Ned Lamont
Ronnell A. Higgins, Commissioner
William H. Turner III, Director

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Heat Advisories Issued for Connecticut

Heat Advisories have been issued for most of the state (except for the southeast coast) from noon today until Friday evening.

An Air Quality Alert is also in effect for today for the coast.



Last Map Update: Thu, Jun 11, 2026 at 5:48:33 am EDT

[Watches, Warnings & Advisories](#)

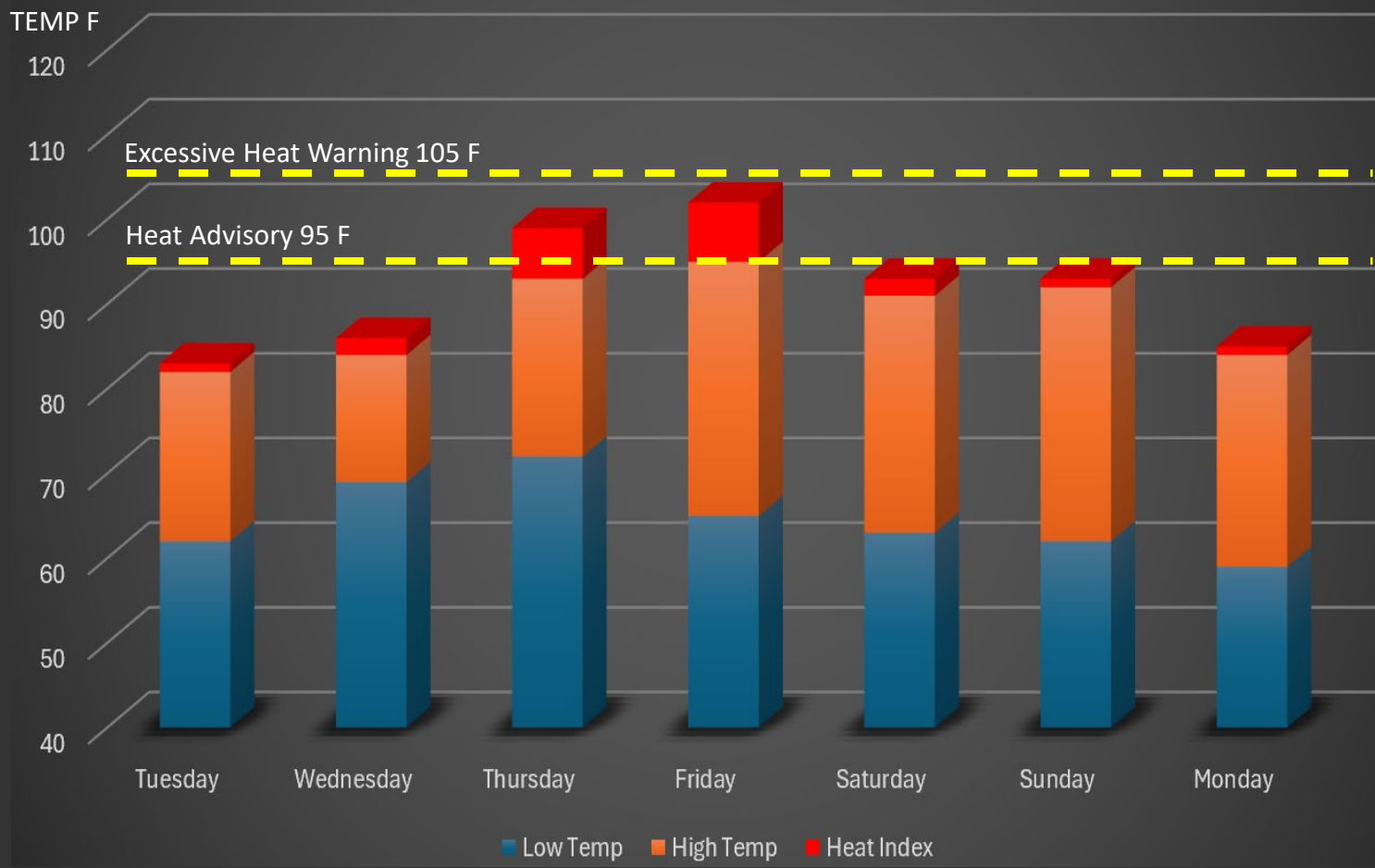


[Heat Advisory](#) ■
[Small Craft Advisory](#) ■
[Air Quality Alert](#) ■
[Hazardous Weather Outlook](#) ■

Forecasts are currently indicating that our area will see a 4-day heat wave starting today.

Hot and humid air will move into the state today and peak during the day on Friday.

The rest of the weekend looks almost as hot and somewhat humid thru Sunday.

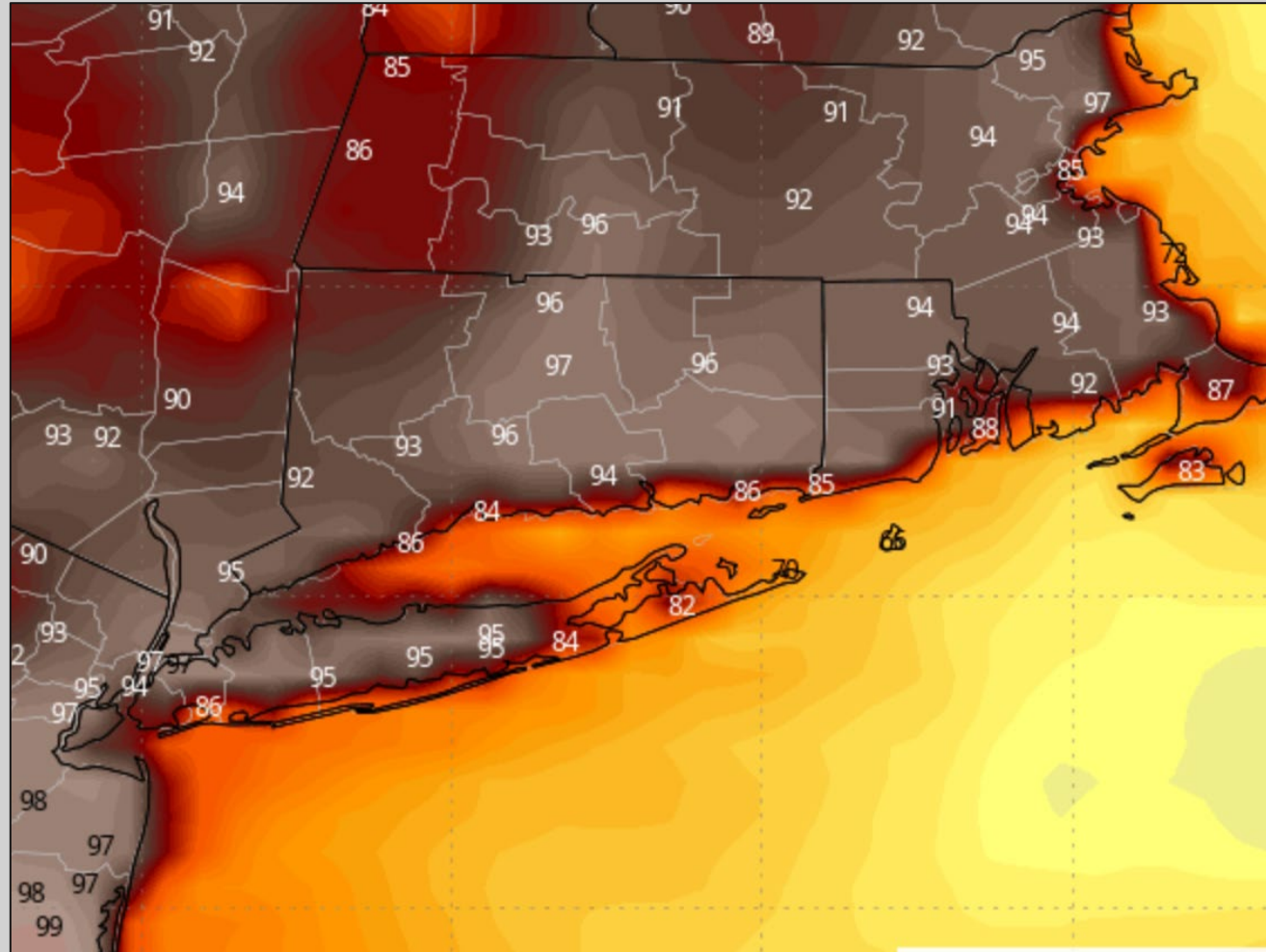




GFS Heat Index Forecast for This Afternoon...



The Heat Indices are expected to be the highest in urban centers located inland from the coast. The cities of Hartford, Danbury, Waterbury and New Britain may approach heat index values of 95 - 100 F this afternoon. The coastal cities of New Haven and New London may benefit from a light sea breeze.



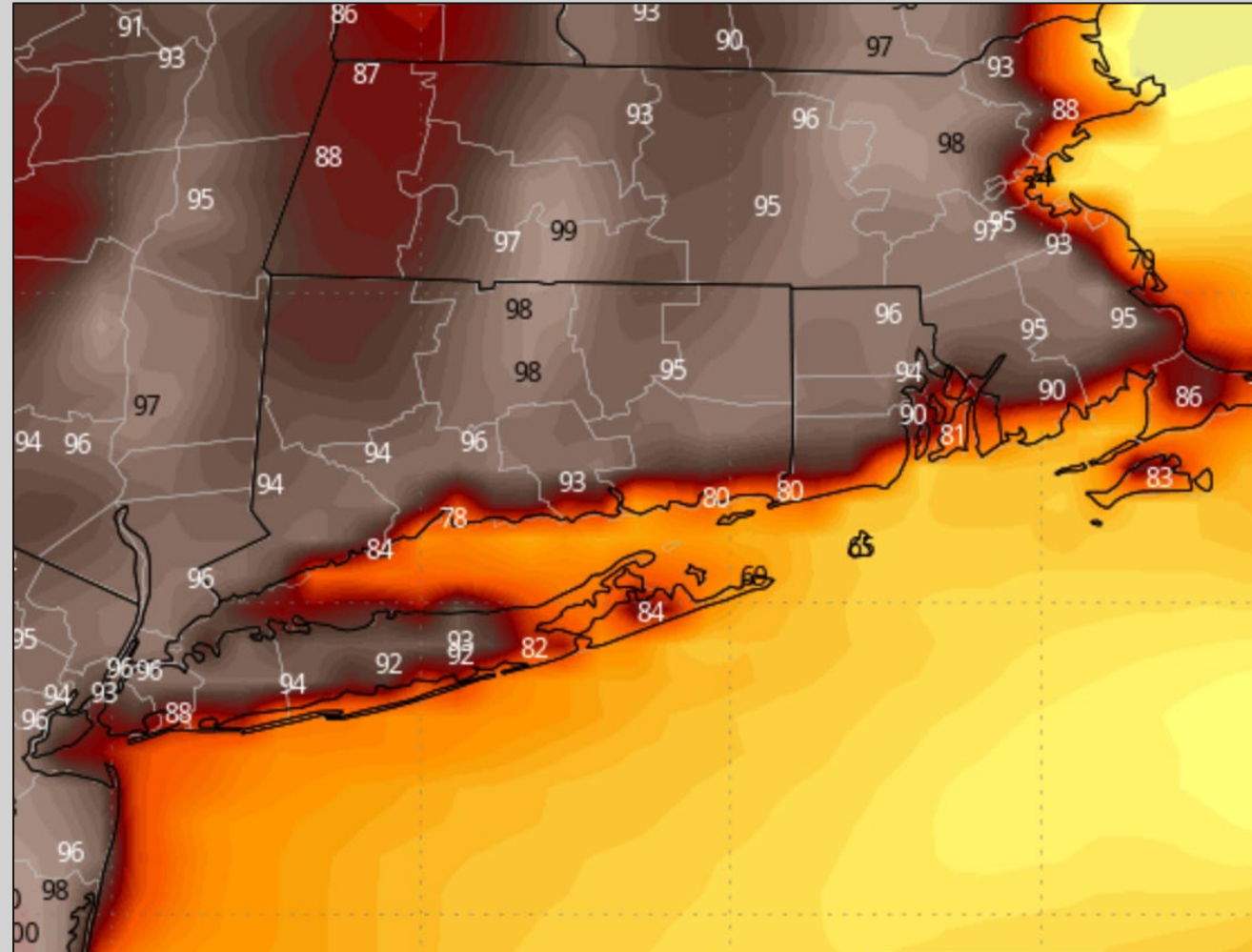


GFS Heat Index Map for Friday Afternoon...



Heat Indices are expected to be nearly the same on Friday ranging from 95 – 100 F.

A slightly cooler and dryer airmass may temper temperatures somewhat on Saturday and Sunday.





GOVERNOR ACTIVATES EXTREME HEAT PROTOCOL...



GOVERNOR LAMONT ACTIVATES EXTREME HOT WEATHER PROTOCOL AS FIRST HEAT WAVE OF THE SEASON APPROACHES

Cooling Centers Will Open and Can be Located by Visiting www.211ct.org or Calling 2-1-1

(HARTFORD, CT) – Governor Ned Lamont today announced that due to a weather forecast indicating that Connecticut will experience a multi-day stretch of severely hot and humid conditions, he is directing the state's Extreme Hot Weather Protocol to be activated effective at 10:00 a.m. on Thursday, June 11, 2026, and continuing until 6:00 p.m. on Sunday, June 14, 2026.

During this period, temperatures are expected to exceed 90 degrees each day, meeting the National Weather Service (NWS) definition of a heat wave, with the heat index reaching or exceeding 100 degrees at times. Heat advisories have been issued by NWS for most of the state. Conditions are expected to be the most severe around the inland areas.

This is the first time this year the protocol has been activated. Its purpose is to ensure that the most vulnerable populations receive protection from the severely hot and humid conditions. While the protocol is enacted, a system is set up for state agencies, municipalities, and other partners to coordinate with United Way 2-1-1 to make sure that information regarding cooling centers is available statewide, providing a location for those in need of relief.



GOVERNOR ACTIVATES EXTREME HEAT PROTOCOL...



Cooling centers will be available throughout Connecticut. Anyone in need of a place to get out of the heat can locate their nearest cooling center by viewing the list that will be published online at www.211ct.org or calling 2-1-1.

“This protocol helps ensure that everyone has access to a safe place to stay cool and get relief from the extremely hot and humid conditions outside,” **Governor Lamont said**. “This is the first heat wave Connecticut is expected to experience so far this year, and we want to get the word out that when temperatures get this hot, people who are most vulnerable—especially those who are of a certain age or who have certain medical conditions—should take the necessary precautions to stay cool. To locate a nearby cooling center, view the list that will be published online at www.211ct.org or call 2-1-1.”

The following actions are implemented while Connecticut’s Extreme Hot Weather Protocol is enacted:

- The Connecticut Department of Emergency Services and Public Protection’s Division of Emergency Management and Homeland Security uses its WebEOC communications network, which is an internet-based system that enables local, regional, and state emergency management officials and first responders to share up-to-date information about a variety of situations and conditions.



GOVERNOR ACTIVATES EXTREME HEAT PROTOCOL...



- Municipalities and other partners submit information on the opening of cooling centers into the WebEOC, providing a real-time database on the availability of these locations statewide. United Way 2-1-1 uses the system to act as a clearinghouse to assist residents in locating a cooling center.
- Regional coordinators from the Division of Emergency Management and Homeland Security monitor WebEOC to respond to any requests from municipalities for state assistance.
- The energy utility companies provide the state with regular updates regarding the impact of the weather conditions on their respective utilities throughout the duration of the protocol.

Although anyone can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.



GOVERNOR ACTIVATES EXTREME HEAT PROTOCOL...



- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially those with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

Some prevention tips to stay safe in extreme heat include:

- Keep your body temperature cool to avoid heat-related illness.
- Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off.
- Find an air-conditioned location. (Call 2-1-1 for a list of cooling centers.)
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk several times a day.
- Pets that cannot be brought indoors should be provided ready access to water and shade to keep them cool.
- Never leave pets inside of parked vehicles because temperatures can soar to life-threatening levels within minutes.



GOVERNOR ACTIVATES EXTREME HEAT PROTOCOL...



Everyone is also reminded to stay hydrated during periods of extreme heat. As we lose fluid through sweat, dehydration is common during very high temperatures. It is strongly encouraged to:

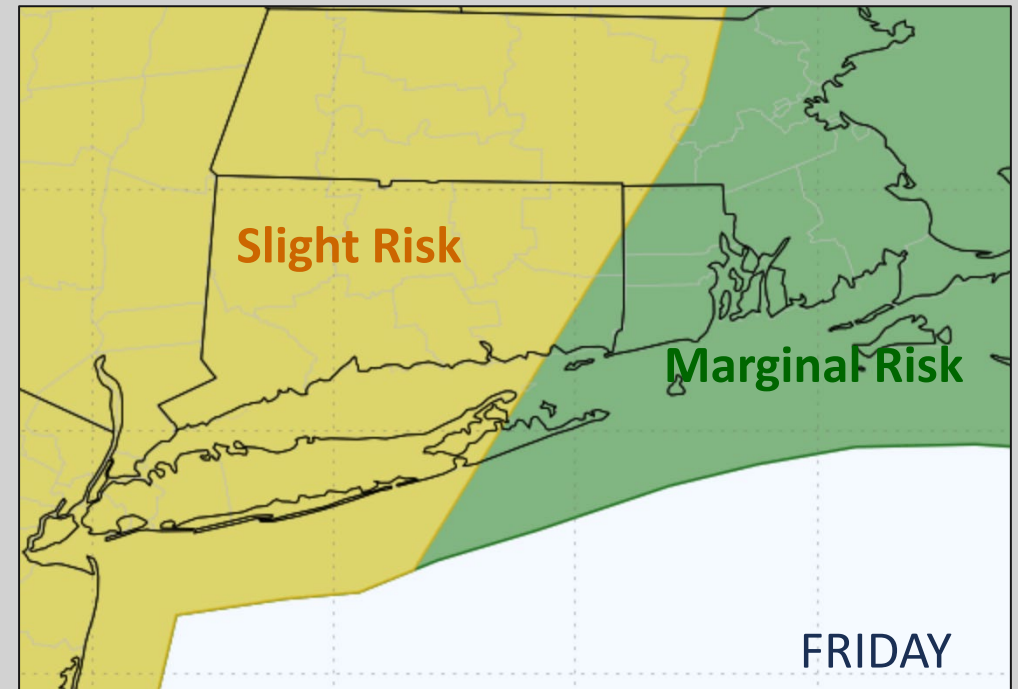
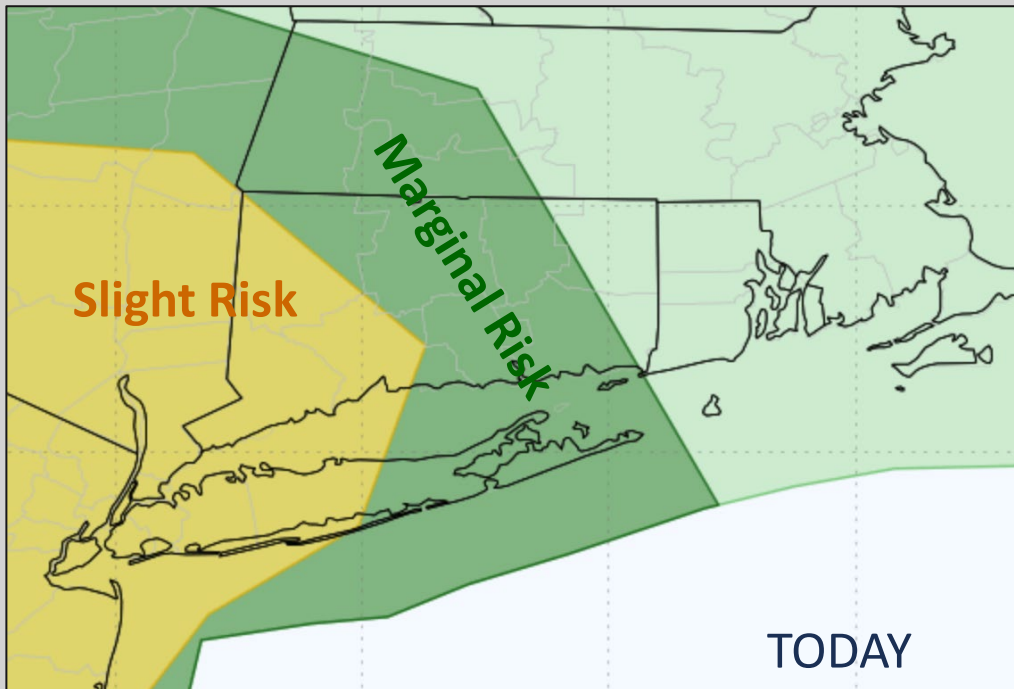
- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

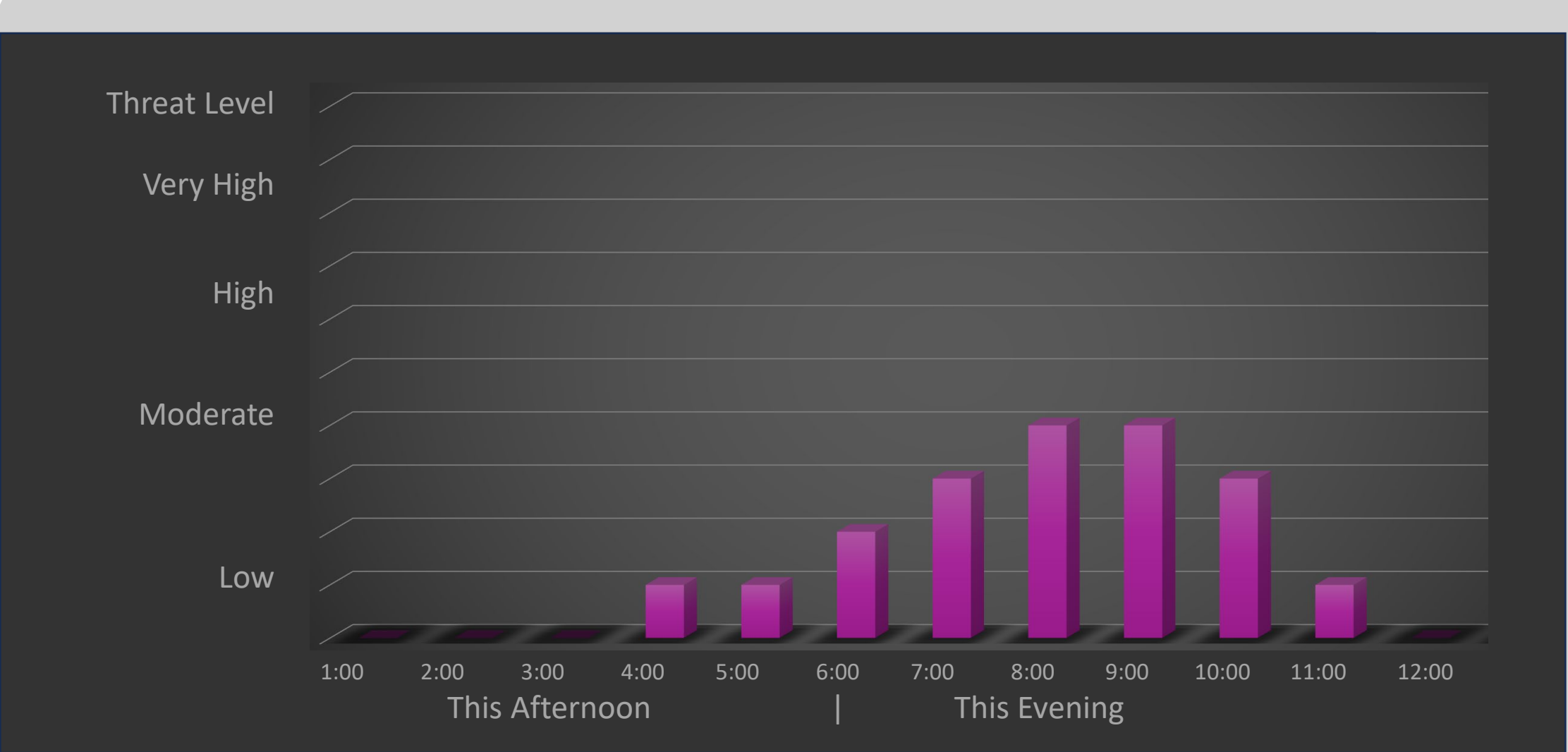
For emergency management news and resources, visit the state's *CTPrepares* website at ct.gov/ctprepares.



SLIGHT RISK OF SEVERE THUNDERSTORMS...

The NOAA Storm Prediction Center is indicating that today western Connecticut will be in the slight risk category for severe thunderstorms. Most of the rest of the state will be in the marginal risk category. Any thunderstorms that form will have a 5 – 15% chance of strong winds, 5 – 15% chance for large hail and a 2% chance for a weak tornado. Other hazards will also include frequent lightning and heavy rainfall. For Friday most of the state will be in the slight risk category for severe thunderstorms.





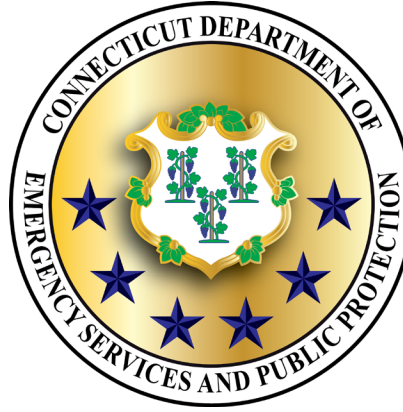
PRIMARY HAZARDS

	Low Mod High Sig							
Strong Winds (5 - 15%)								
Large Hail (5%)								
Tornadoes (<2%)								
Heavy Downpours (30%)								
Urban Flooding (20%)								
Stream Flooding (<5%)								

The SPC is forecasting that any thunderstorms that develop today have a 5% - 15% chance of containing strong winds, a 5% chance for large hail and less than a 2% risk for an isolated tornado.

Western CT is at the highest risk however the overall impact of this event is expected to be minor.

Next Update
Friday at 8:00 AM



DESPP/DEMHS Will Continue to Closely Monitor Conditions Another Update Will Be Sent on Friday At 8:00 AM

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