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## Dangerous Heat Levels Expected on St. Croix as NWS Issues Excessive Heat Warning

The National Weather Service warns of dangerously high temperatures on St. Croix from 10 a.m. to 5 p.m., urging residents to stay cool, hydrated, and vigilant against heatstroke

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Residents of St. Croix must continue to be watchful as they move about outside during the day, with the National Weather Service in San Juan issuing an excessive heat warning for St. Croix. The warning will be in effect from 10 a.m. to 5 p.m.?

These warnings are issued during periods of dangerously hot and humid conditions, where heat levels adversely impact anyone without effective cooling and/or adequate hydration, NWS forecasters say.

?Residents are reminded that children and pets must never be left in unattended vehicles, and employers whose staff work outdoors are encouraged to schedule frequent rest breaks in shaded or air conditioned environments.?

Keen monitoring for the [signs and symptoms](#) of heatstroke and other heat-related illnesses exhaustion is crucial during times of excessive heat. Residents are encouraged to stay hydrated and take other precautions against the heat.

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