

Statewide Key Messages

The average weekly rate of heat-related illness (HRI) emergency department (ED) visits **this season to date is 2.8 per 100,000 population.**

This week (July 5-11, 2026):

- There were **630*** HRI ED visits (0.6% of total ED visits), with a **rate of 5.9 per 100,000 population**
- The rate was highest among **males aged 25-44 years (11.9 per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in the **Sandhills (8.6 per 100,000 population)**, (Figure 2; Region 7)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 206; 53%)** (Table 1)
- The maximum daily heat index ranged from **96.6 to 104.9°F** at Raleigh-Durham International Airport (Figure 3)
- There were **7** days when the minimum temperature was above 70°F.

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age

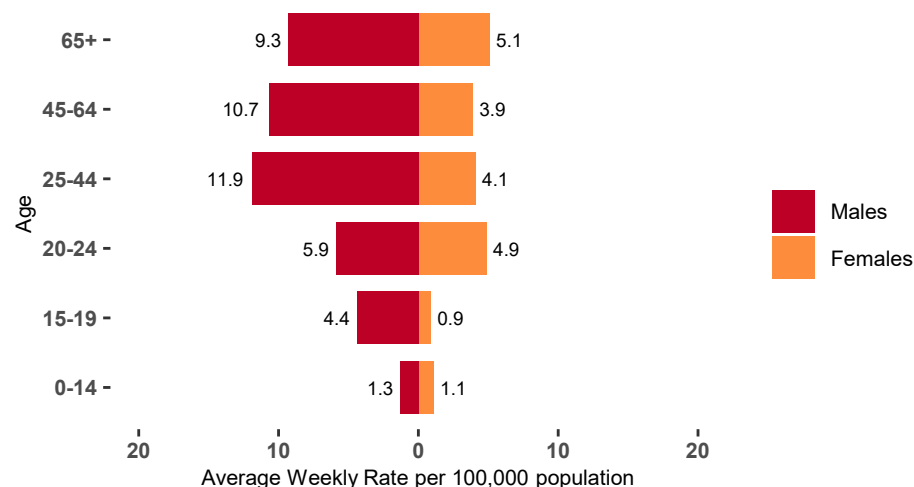
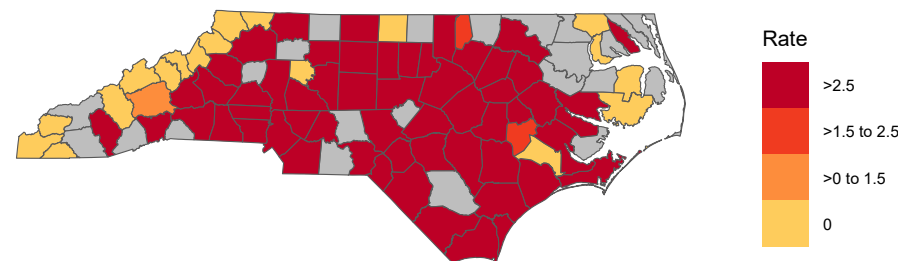


Figure 2. Rate of Heat-related Illness Emergency Department Visits per 100,000 Population



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=389 [‡])	Percent [†]
Heat Stroke	12	3.1
Heat Exhaustion	206	53.0
Heat Syncope	42	10.8
Heat Cramps	9	2.3
Other Effects	120	30.8

§ Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

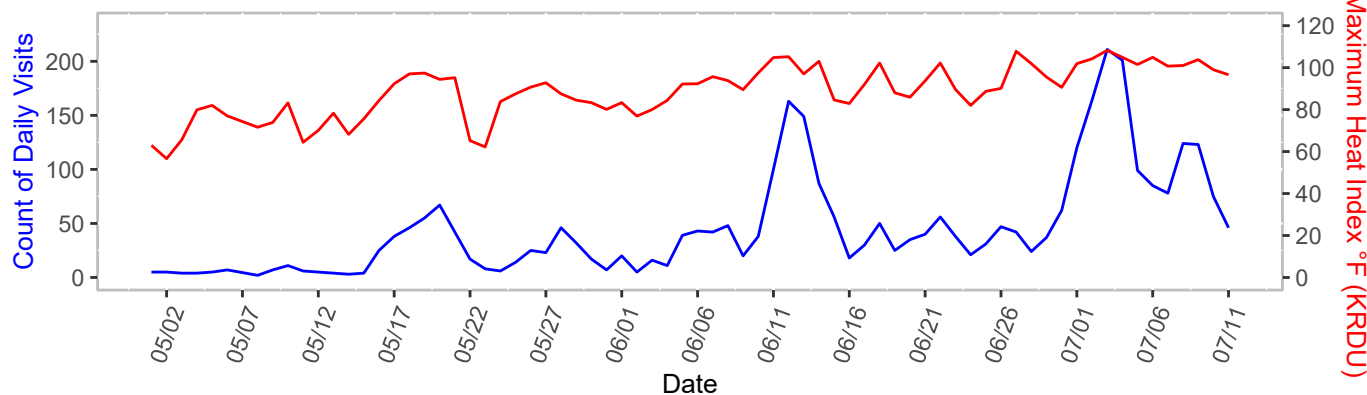
|| other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 241

† May not total 100 due to rounding

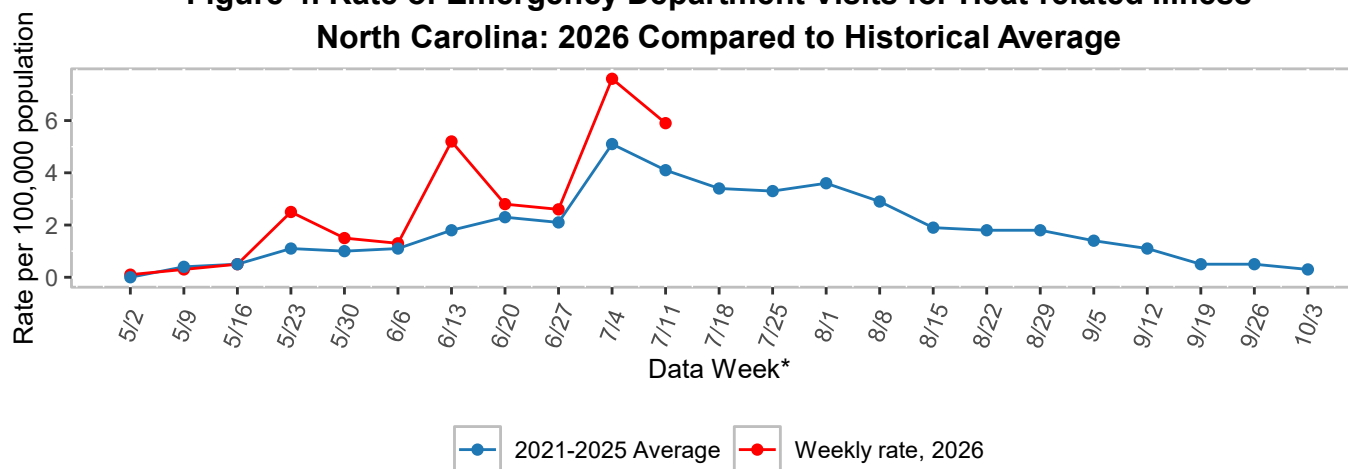
*The 630 total HRI ED visits includes 30 visits that were missing county of residence. These 30 visits are excluded from the regional reports.

Figure 3. Emergency Department Visits for Heat-related Illness and Maximum Heat Index
North Carolina Statewide: May 1 - July 11, 2026



Source: NC DETECT Data and State Climate Office at NC State University

Figure 4. Rate of Emergency Department Visits for Heat-related Illness
North Carolina: 2026 Compared to Historical Average



Week ending dates may vary by a few days for earlier years.

For data week definitions see <https://ndc.services.cdc.gov/wp-content/uploads/MMWR-Week-Log-2025-2026.pdf>

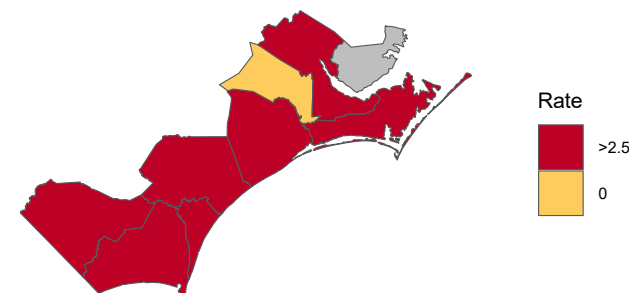
Southeast (Region 1) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2.9 per 100,000 population**.

This week (July 5-11, 2026):

- There were **63 HRI ED visits** (0.7% of total ED visits), with a rate of **7 per 100,000 population**
- The rate was highest among **males aged 45-64 years (17.4 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Craven County (12.7 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 18; 47.4%)** (Table 1)
- The maximum daily heat index ranged from **103.2 to 108.2°F** at Wilmington International Airport (Figure 3)
- There were **7 days** when the minimum temperature was above 70°F.

Figure 2. Average Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population Southeast (Region 1)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index Southeast (Region 1): May 1 - July 11, 2026

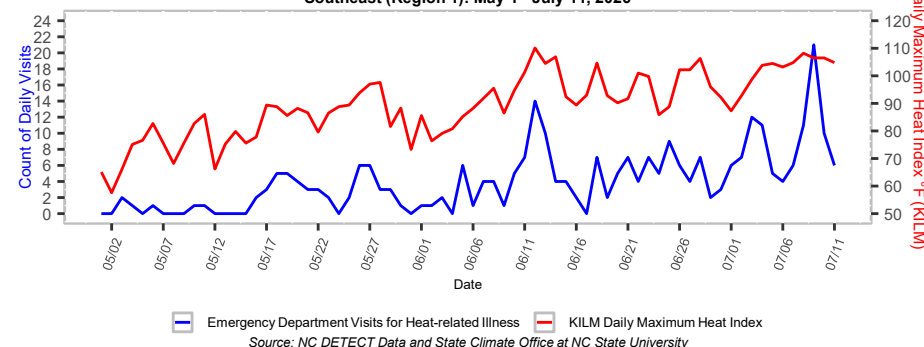


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Southeast (Region 1)

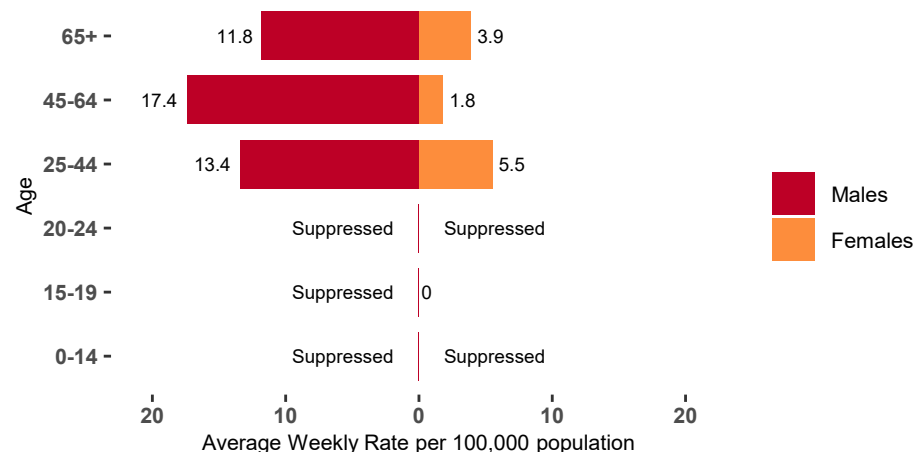


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=38 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	18	47.4
Heat Syncope	4	10.5
Heat Cramps	0	0.0
Other Effects	16	42.1

[§] Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

^{||} other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

[‡] Missing severity data = 25

[†] May not total 100 due to rounding

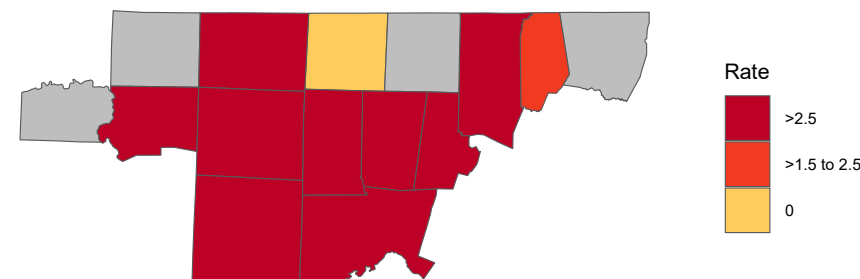
North Central (Region 2) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2.5 per 100,000 population**.

This week (July 5-11, 2026):

- There were **94 HRI ED visits** (0.5% of total ED visits), with a rate of **4.3 per 100,000 population**
- The rate was highest among **males aged 25-44 years (9.9 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Chatham County (7.5 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 34; 58.6%)** (Table 1)
- The maximum daily heat index ranged from **92.8 to 100.1°F** at Piedmont Triad International Airport (Figure 3)
- There were **7 days** when the minimum temperature was above 70°F.

Figure 2. Average Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population North Central (Region 2)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index North Central (Region 2): May 1 - July 11, 2026

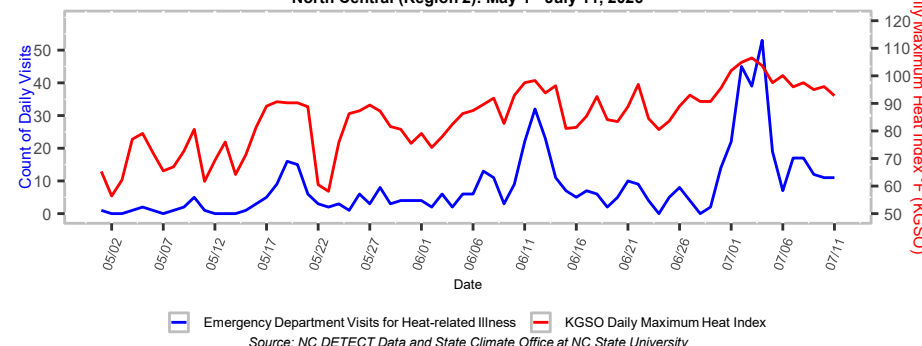


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age North Central (Region 2)

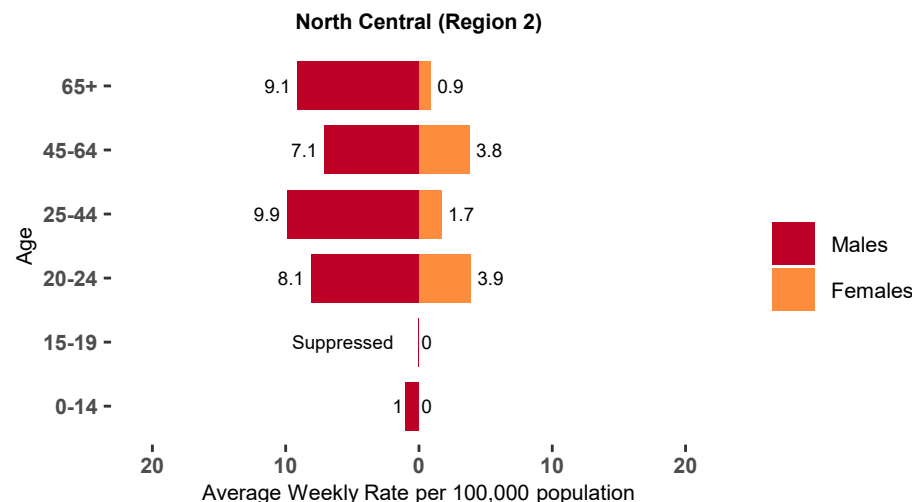


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=58 [‡])	Percent [†]
Heat Stroke	4	6.9
Heat Exhaustion	34	58.6
Heat Syncope	8	13.8
Heat Cramps	1	1.7
Other Effects	11	19.0

[§] Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

^{||} other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

[‡] Missing severity data = 36

[†] May not total 100 due to rounding

Northeast (Region 3) Key Messages

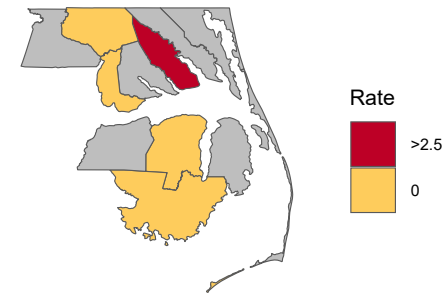
The average weekly rate of heat-related illness emergency department visits **this season to date** is **3.6 per 100,000 population**.

This week (July 5-11, 2026):

- There were **14 HRI ED visits** (0.6% of total ED visits), with a rate of **7.1 per 100,000 population**
- The rate of HRI ED visits was highest in **Pasquotank County (4.9 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 5; 83.3%)** (Table 1)
- The maximum daily heat index ranged from **101.1 to 105.2°F** at Pitt-Greenville Airport (Figure 3)
- There were **7 days** when the minimum temperature was above 70°F.

Figure 2. Average Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population

Northeast (Region 3)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
Northeast (Region 3): May 1 - July 11, 2026

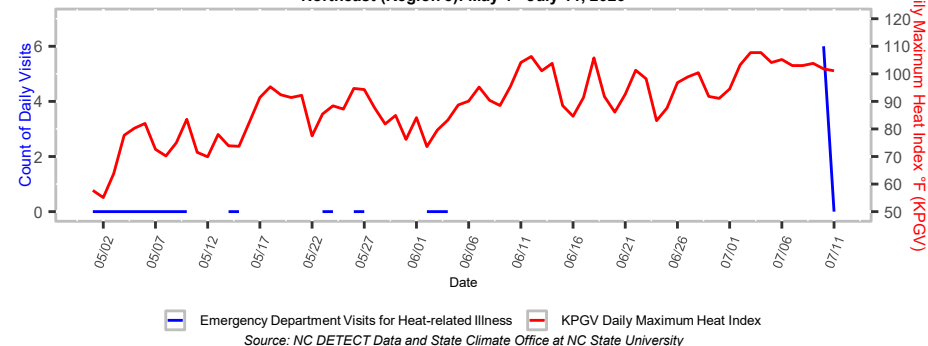


Figure 1 is not provided for the Northeast region this week due to the small number of ED visits for heat-related illness.

Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=6 [†])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	5	83.3
Heat Syncope	0	0.0
Heat Cramps	0	0.0
Other Effects	1	16.7

[§] Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

^{||} other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

[‡] Missing severity data = 8

[†] May not total 100 due to rounding

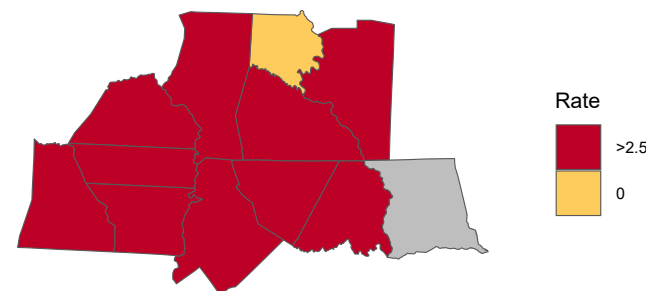
South Central (Region 4) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2.6 per 100,000 population**.

This week (July 5-11, 2026):

- There were **133 HRI ED visits** (0.5% of total ED visits), with a rate of **5 per 100,000 population**
- The rate was highest among **males aged 45-64 years (9.4 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Cleveland County (9.9 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 40; 47.1%)** (Table 1)
- The maximum daily heat index ranged from **93.7 to 102.9°F** at Charlotte/Douglas International Airport (Figure 3)
- There were **7 days** when the minimum temperature was above 70°F.

Figure 2. Average Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population South Central (Region 4)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index South Central (Region 4): May 1 - July 11, 2026

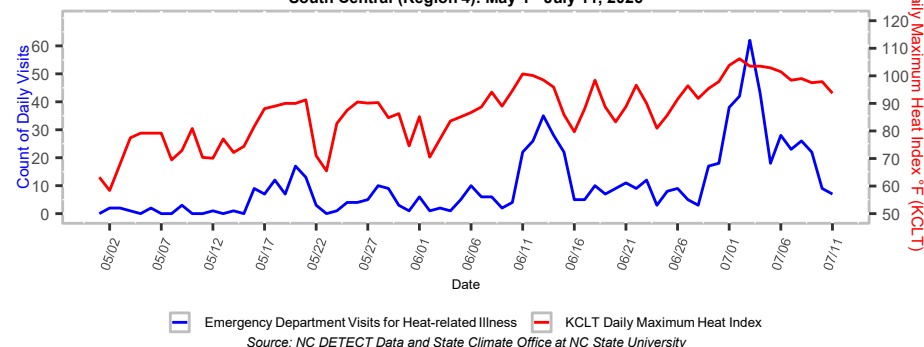


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age South Central (Region 4)

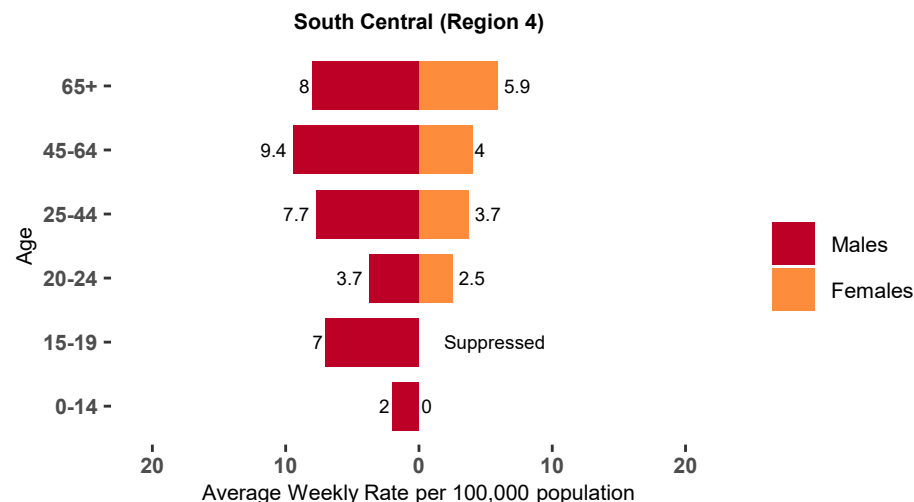


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=85 [‡])	Percent [†]
Heat Stroke	1	1.2
Heat Exhaustion	40	47.1
Heat Syncope	13	15.3
Heat Cramps	1	1.2
Other Effects	30	35.3

[§] Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

^{||} other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

[‡] Missing severity data = 48

[†] May not total 100 due to rounding

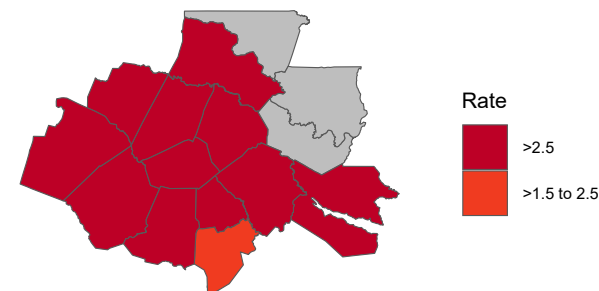
North Coastal Plain (Region 5) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2.4 per 100,000 population**.

This week (July 5-11, 2026):

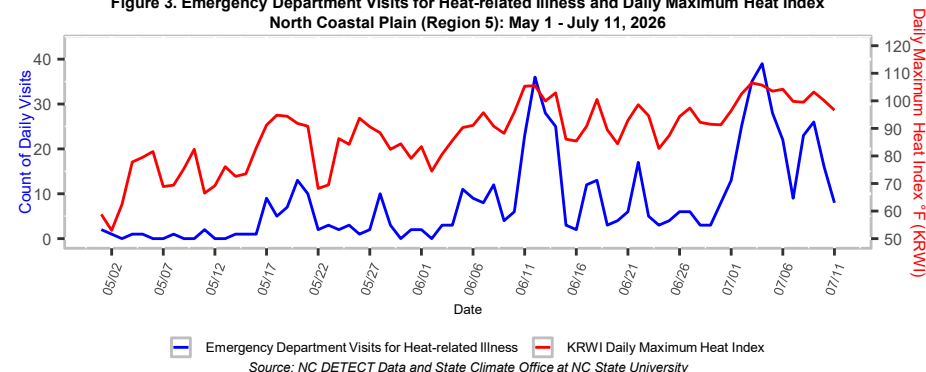
- There were **132 HRI ED visits** (0.6% of total ED visits), with a rate of **5.9 per 100,000 population**
- The rate was highest among **males aged 25-44 years (12.3 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Greene County (24.4 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 42; 51.9%)** (Table 1)
- The maximum daily heat index ranged from **96.6 to 104.2°F** at Rocky Mount-Wilson Regional Airport (Figure 3)
- There were **7 days** when the minimum temperature was above 70°F.

Figure 2. Average Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
North Coastal Plain (Region 5)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
North Coastal Plain (Region 5): May 1 - July 11, 2026



Emergency Department Visits for Heat-related Illness KRWI Daily Maximum Heat Index
Source: NC DETECT Data and State Climate Office at NC State University

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age

North Coastal Plain (Region 5)

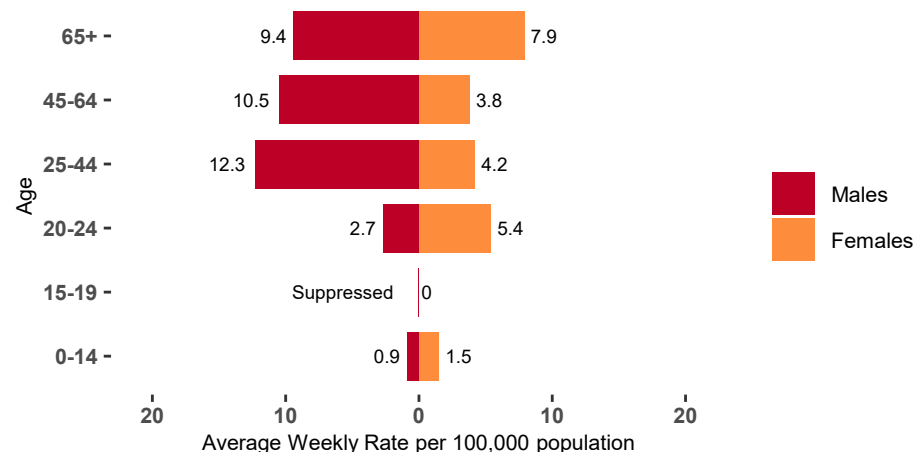


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=81 [‡])	Percent [†]
Heat Stroke	1	1.2
Heat Exhaustion	42	51.9
Heat Syncope	5	6.2
Heat Cramps	3	3.7
Other Effects	30	37.0

[§] Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

^{||} other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

[‡] Missing severity data = 51

[†] May not total 100 due to rounding

Foothills (Region 6) Key Messages

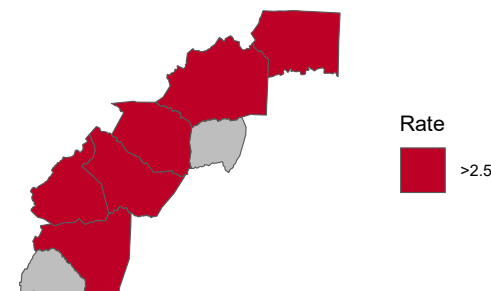
The average weekly rate of heat-related illness emergency department visits **this season to date** is **3.1 per 100,000 population**.

This week (July 5-11, 2026):

- There were **37 HRI ED visits** (0.8% of total ED visits), with a rate of **7.8 per 100,000 population**
- The rate was highest among **males aged 45-64 years (13.5 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **McDowell County (13.4 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 10; 50%)** (Table 1)
- The maximum daily heat index ranged from **94.1 to 99.7°F** at Morganton-Lenoir Airport (Figure 3)
- There was **1 day** when the minimum temperature was above 70°F.

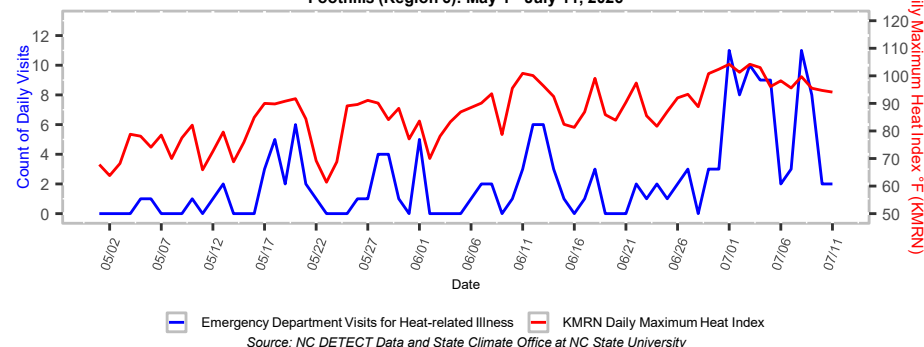
Figure 2. Average Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population

Foothills (Region 6)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
Foothills (Region 6): May 1 - July 11, 2026



Emergency Department Visits for Heat-related Illness KMRN Daily Maximum Heat Index
Source: NC DETECT Data and State Climate Office at NC State University

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age

Foothills (Region 6)

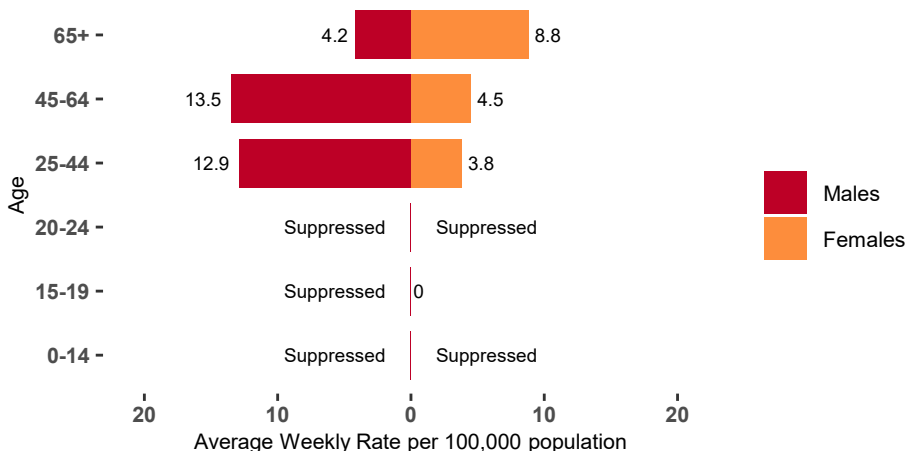


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=20 [‡])	Percent [†]
Heat Stroke	2	10.0
Heat Exhaustion	10	50.0
Heat Syncope	2	10.0
Heat Cramps	0	0.0
Other Effects	6	30.0

[§] Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

^{||} other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

[‡] Missing severity data = 17

[†] May not total 100 due to rounding

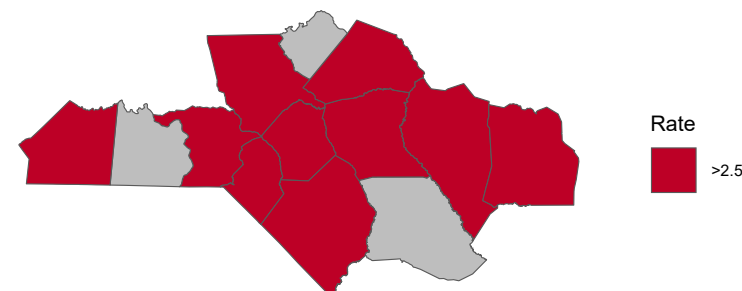
Sandhills (Region 7) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **3.5 per 100,000 population**.

This week (July 5-11, 2026):

- There were **113 HRI ED visits** (0.9% of total ED visits), with a rate of **8.6 per 100,000 population**
- The rate was highest among **males aged 25-44 years (18.2 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Duplin County (14.2 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 41; 56.2%)** (Table 1)
- The maximum daily heat index ranged from **101.9 to 106.2°F** at Fayetteville Regional/Grannis Field Airport (Figure 3)
- There were **7 days** when the minimum temperature was above 70°F.

Figure 2. Average Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population Sandhills (Region 7)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index Sandhills (Region 7): May 1 - July 11, 2026

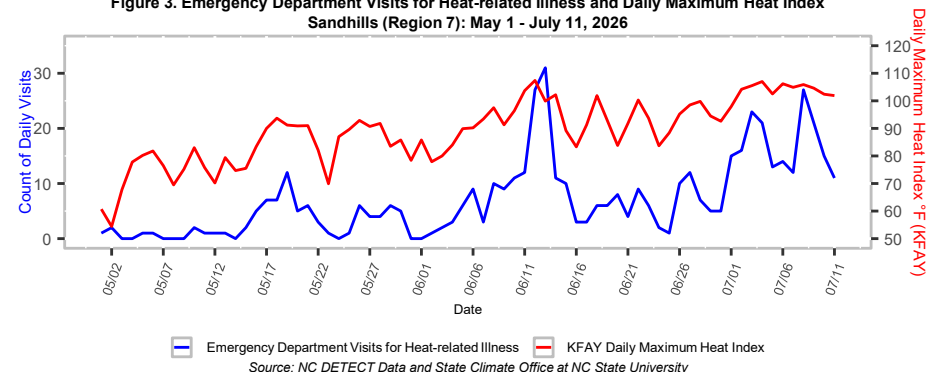


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Sandhills (Region 7)

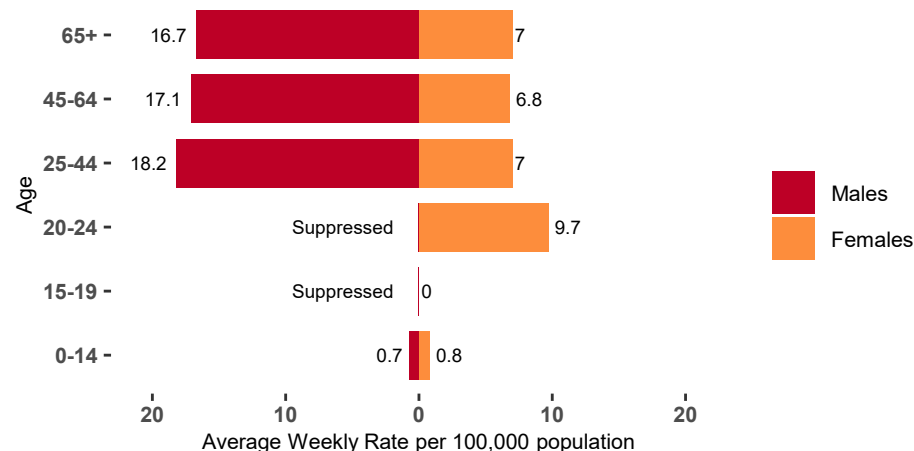


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=73 [‡])	Percent [†]
Heat Stroke	3	4.1
Heat Exhaustion	41	56.2
Heat Syncope	9	12.3
Heat Cramps	1	1.4
Other Effects	19	26.0

§ Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

|| other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 40

† May not total 100 due to rounding

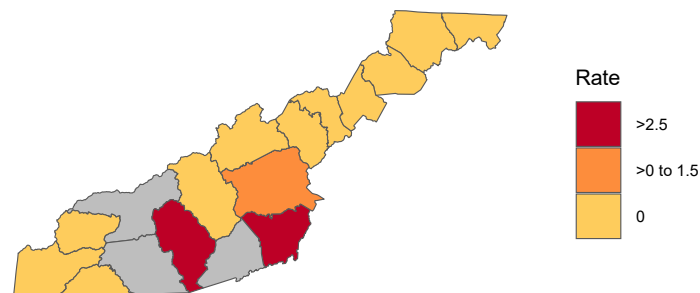
Mountains (Region 8) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **1.2 per 100,000 population**.

This week (July 5-11, 2026):

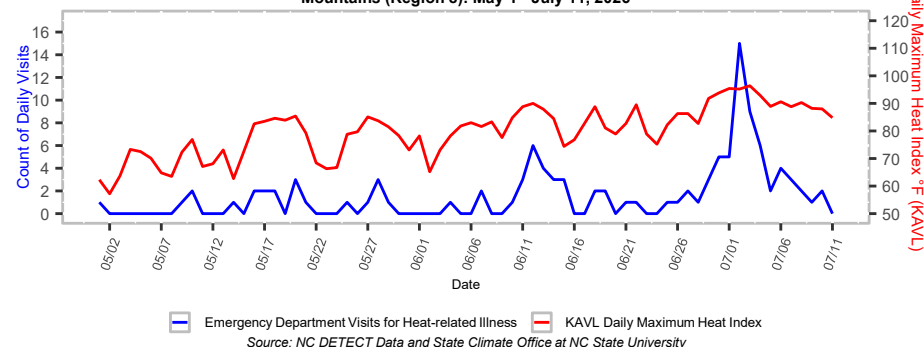
- There were **14 HRI ED visits** (0.2% of total ED visits), with a rate of **1.7 per 100,000 population**
- The rate was highest among **males aged 25-44 years (7.5 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Jackson County (11.4 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 5; 55.6%)** (Table 1)
- The maximum daily heat index ranged from **84.8 to 90.6°F** at Asheville Regional Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **7 days** this week.

Figure 2. Average Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
Mountains (Region 8)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
Mountains (Region 8): May 1 - July 11, 2026



Source: NC DETECT Data and State Climate Office at NC State University

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
Mountains (Region 8)

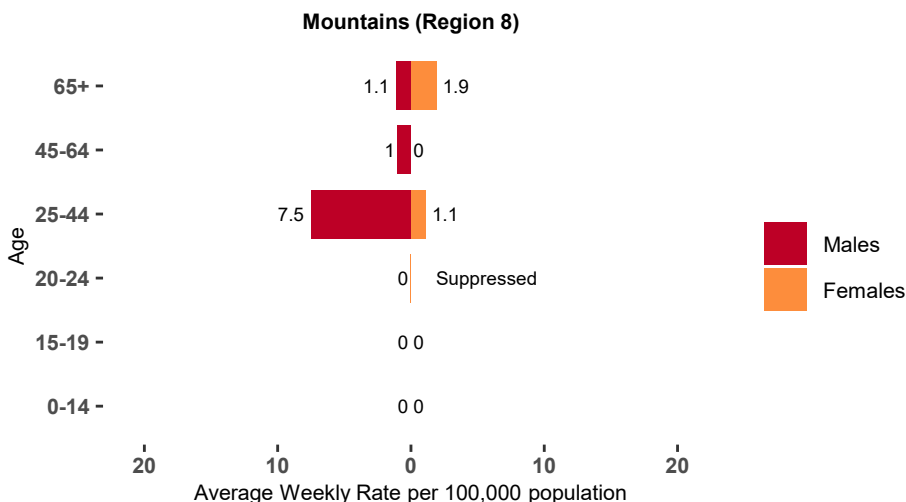


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=9 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	5	55.6
Heat Syncope	1	11.1
Heat Cramps	0	0.0
Other Effects	3	33.3

[§] Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

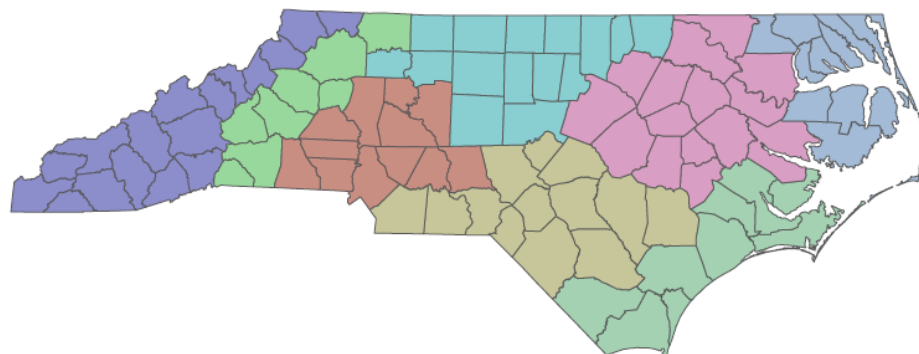
^{||} other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

[‡] Missing severity data = 5

[†] May not total 100 due to rounding

North Carolina HRI Surveillance Regions

(updated for 2025 to match the new Heat Health Alert System regions)



- | | |
|------------------------|------------------|
| 1. Southeast | 2. North Central |
| 3. Northeast | 4. South Central |
| 5. North Coastal Plain | 6. Foothills |
| 7. Sandhills | 8. Mountains |

About the data

The heat-related illness data in the report is from NC DETECT. NC DETECT is a statewide public health syndromic surveillance system, funded by the NC Division of Public Health (NC DPH) Federal Public Health Emergency Preparedness Grant and managed through collaboration between NC DPH and the UNC-CH Department of Emergency Medicine's Carolina Center for Health Informatics. The NC DETECT Data Oversight Committee is not responsible for the scientific validity or accuracy of methodology, results, statistical analyses, or conclusions presented.

Climate data

The maximum heat index and minimum temperature data in this report are from the North Carolina State Climate Office. The Raleigh-Durham International Airport weather station (RDU) was selected to represent the climate data for the statewide report. One weather station from each region was selected to represent the climate data for each region. The weather station locations and their corresponding regions are as follows:

Wilmington International Airport (ILM) – Southeast (Region 1), Piedmont Triad Airport (GSO) – North Central (Region 2), Pitt-Greenville Airport (PGV) – Northeast (Region 3), Charlotte/Douglas International Airport (CLT) – South Central (Region 4), Rocky Mount-Wilson Regional Airport (RWI) – North Coastal Plain (Region 5), Morganton-Lenoir Airport (MRN) – Foothills (Region 6), Fayetteville Regional/Grannis Field Airport (FAY) – Sandhills (Region 7), Asheville Regional Airport (AVL) – Mountains (Region 8). During 6/19, climate data was obtained from the NC School of Science and Math - Morganton (MORG) EcoNet weather station (Foothills, Region 6).

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This report is available on the NC DHHS Climate and Health website at <https://www.dph.ncdhhs.gov/programs/epidemiology/occupational-and-environmental-epidemiology/climate-and-your-health/extreme-heat/nc-heat-health-data-and-reports>