

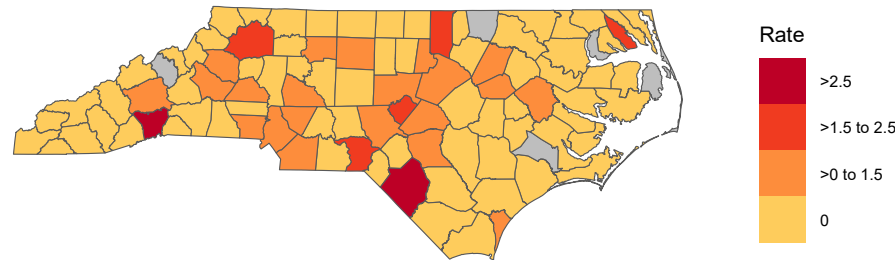
### Statewide Key Messages

The average weekly rate of heat-related illness (HRI) emergency department (ED) visits this season to date is **0.3 per 100,000 population**.

#### This week (May 10-16, 2026):

- There were **55\* HRI ED visits** (0.1% of total ED visits), with a **rate of 0.5 per 100,000 population**
- The rate was highest among **males aged 65+ years (1.2 per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in the **Northeast (1.5 per 100,000 population)**, (Figure 2; Region 3)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 16; 53.3%)** (Table 1)
- The maximum daily heat index ranged from **64.4 to 84.3°F** at Raleigh-Durham International Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **7 days** this week.

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 <sup>§</sup>	Number (N=30 <sup>‡</sup> )	Percent <sup>†</sup>
Heat Stroke	0	0.0
Heat Exhaustion	16	53.3
Heat Syncope	13	43.3
Heat Cramps	0	0.0
Other Effects <sup>  </sup>	1	3.3

<sup>§</sup> Definitions of heat-related illness severity categories:

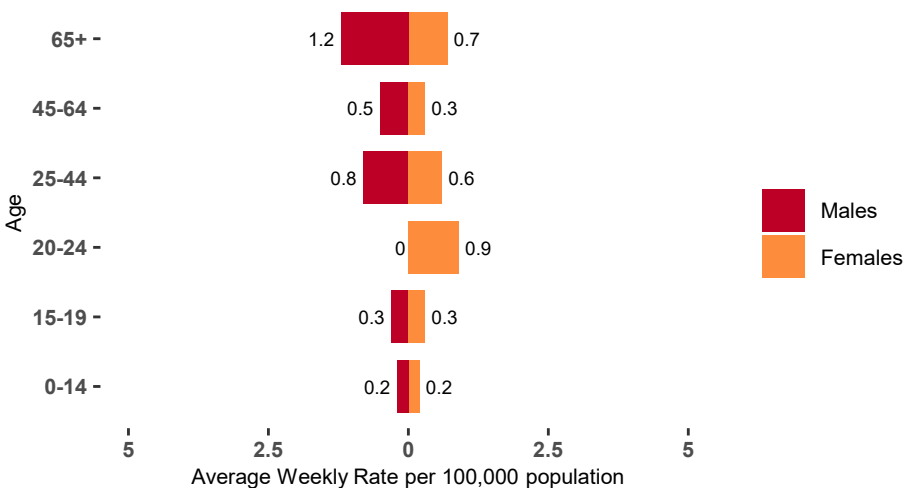
<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

<sup>||</sup> other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

<sup>‡</sup> Missing severity data = 25

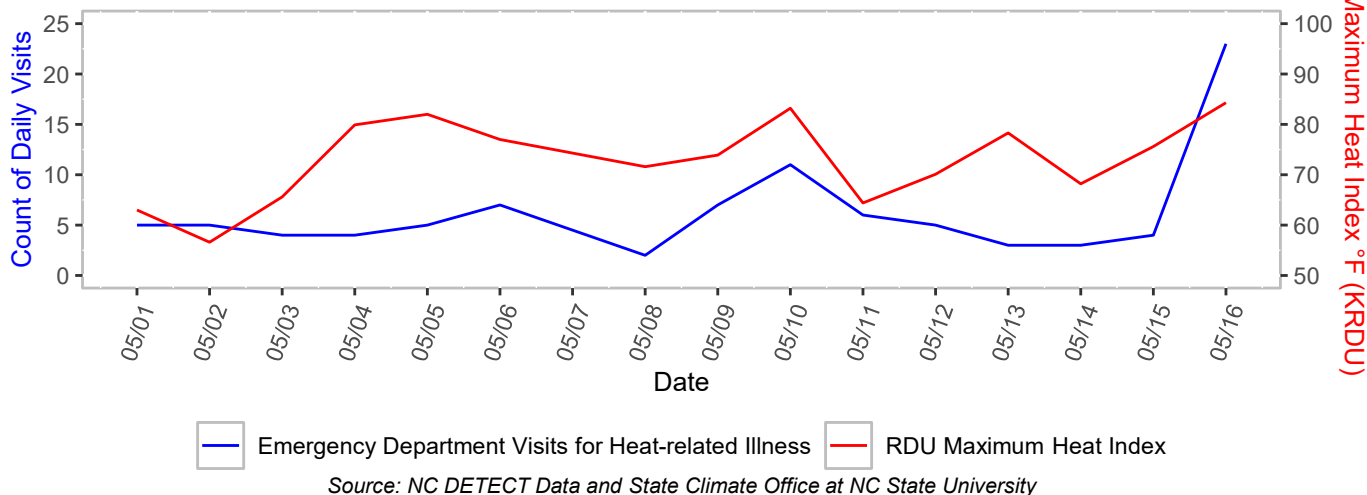
<sup>†</sup> May not total 100 due to rounding

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

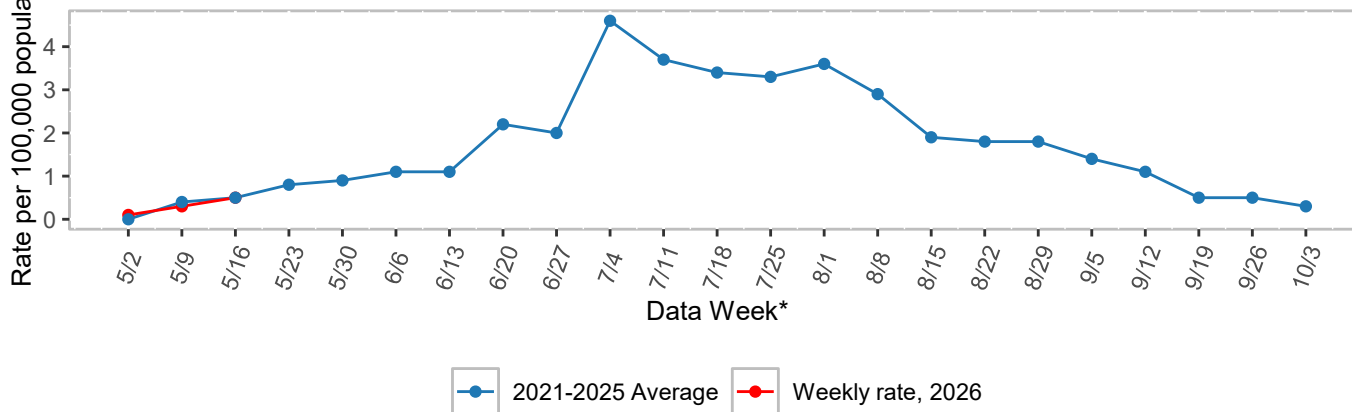


\*The 55 total HRI ED visits includes 4 visits that were missing county of residence. These 4 visits are excluded from the regional reports.

**Figure 3. Emergency Department Visits for Heat-related Illness and Max Heat Index North Carolina Statewide: May 1 - May 16, 2026**



**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>

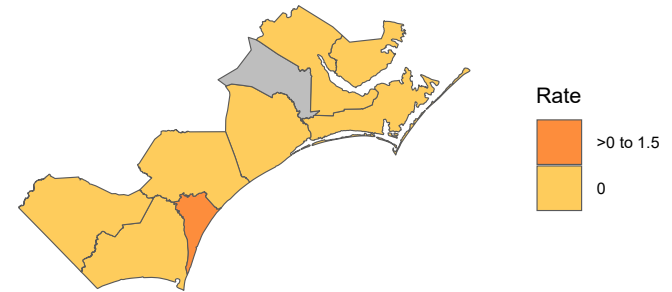
## Southeast (Region 1) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **0.2 per 100,000 population**.

### This week (May 10-16, 2026):

- There were **3 HRI ED visits** (0.04% of total ED visits), with a rate of **0.3 per 100,000 population**
- The rate was highest among **males aged 45-64 years (1 HRI ED visit per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **New Hanover County (0.9 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis codes were **heat exhaustion and heat syncope (n = 1; 50%)** (Table 1)
- The maximum daily heat index ranged from **66.2 to 86°F** at Wilmington International 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 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 Southeast (Region 1): May 1 - May 16, 2026

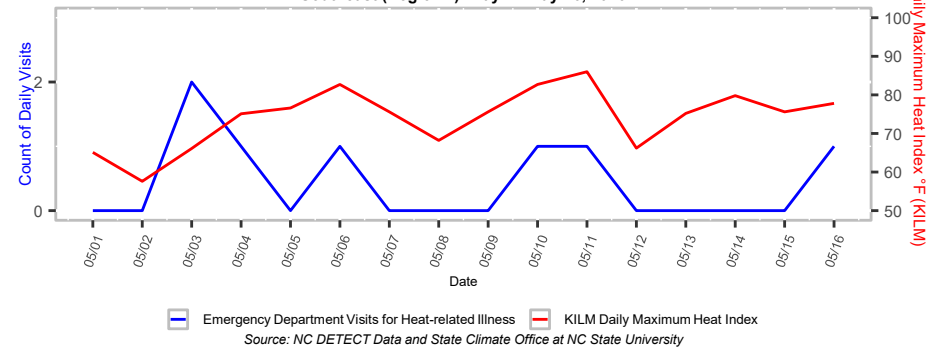


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Southeast (Region 1)

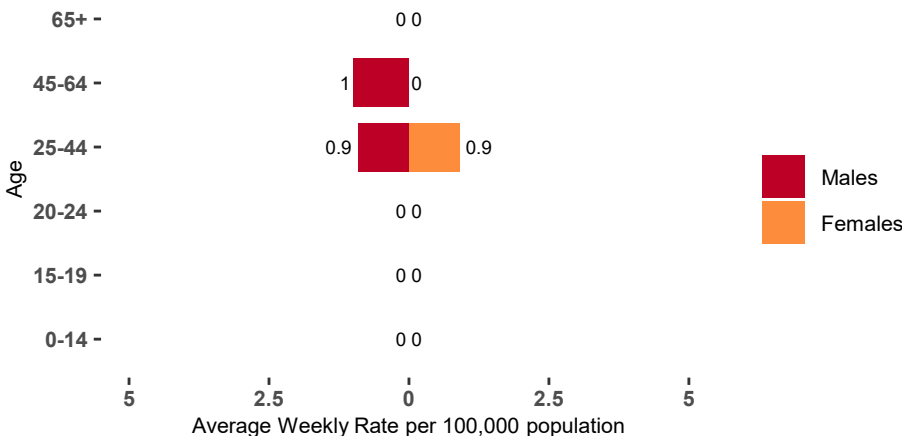


Table 1. Heat-related illness ED visits by Severity

Severity <sup>§</sup>	Number (N=2 <sup>‡</sup> )	Percent <sup>†</sup>
Heat Stroke	0	0.0
Heat Exhaustion	1	50.0
Heat Syncope	1	50.0
Heat Cramps	0	0.0
Other Effects <sup>  </sup>	0	0.0

§ 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 = 1

† May not total 100 due to rounding

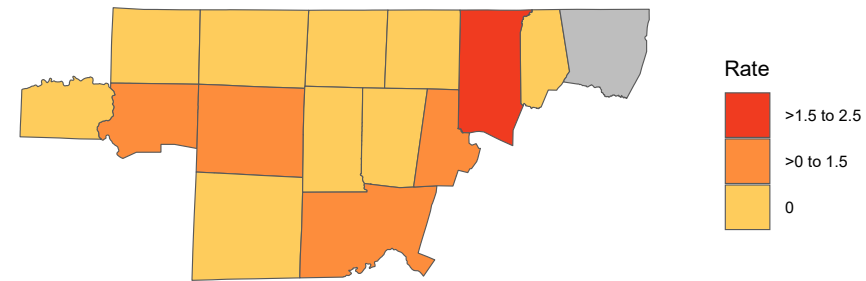
## North Central (Region 2) Key Messages

The average weekly rate of heat-related illness emergency department visits this season to date is **0.3 per 100,000 population**.

### This week (May 10-16, 2026):

- There were **10 HRI ED visits** (0.05% of total ED visits), with a rate of **0.5 per 100,000 population**
- The rate was highest among **males aged 65+ years (1.8 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Granville County (1.6 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat syncope (n = 3; 60%)** (Table 1)
- The maximum daily heat index ranged from **61.7 to 81.4°F** at Piedmont Triad International 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 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 North Central (Region 2): May 1 - May 16, 2026

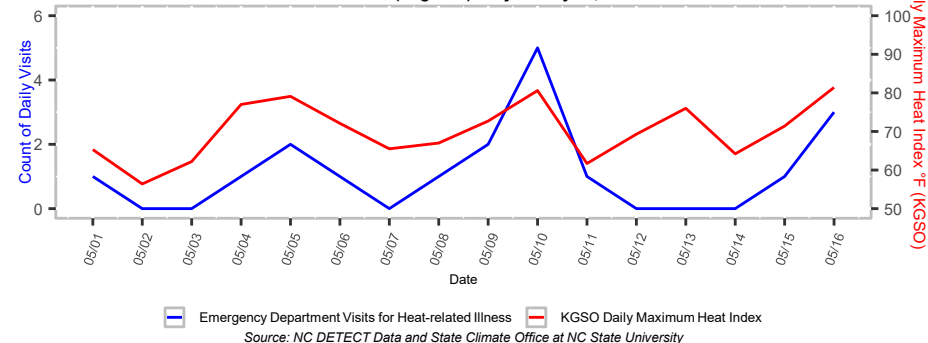


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age North Central (Region 2)

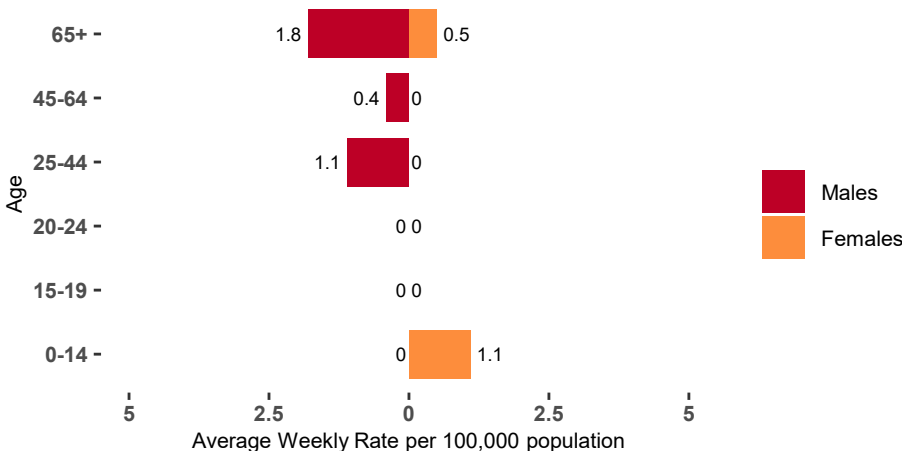


Table 1. Heat-related illness ED visits by Severity

Severity <sup>§</sup>	Number (N=5 <sup>‡</sup> )	Percent <sup>†</sup>
Heat Stroke	0	0.0
Heat Exhaustion	2	40.0
Heat Syncope	3	60.0
Heat Cramps	0	0.0
Other Effects <sup>  </sup>	0	0.0

§ 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 = 5

† May not total 100 due to rounding

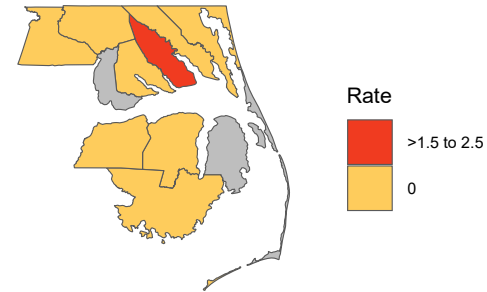
### Northeast (Region 3) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **0.5 per 100,000 population**.

#### This week (May 10-16, 2026):

- There were **3 HRI ED visits** (0.14% of total ED visits), with a rate of **1.5 per 100,000 population**
- The rate of HRI ED visits was highest in **Pasquotank County (2.5 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 1; 100%)** (Table 1)
- The maximum daily heat index ranged from **69.9 to 83.5°F** at Pitt-Greenville 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 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 is not provided for the Northeast region this week due to the small number of ED visits for heat-related illness.

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 <sup>§</sup>	Number (N=1 <sup>‡</sup> )	Percent <sup>†</sup>
Heat Stroke	0	0.0
Heat Exhaustion	1	100.0
Heat Syncope	0	0.0
Heat Cramps	0	0.0
Other Effects <sup>  </sup>	0	0.0

<sup>§</sup> Definitions of heat-related illness severity categories:

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

<sup>||</sup> other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

<sup>‡</sup> Missing severity data = 2

<sup>†</sup> May not total 100 due to rounding

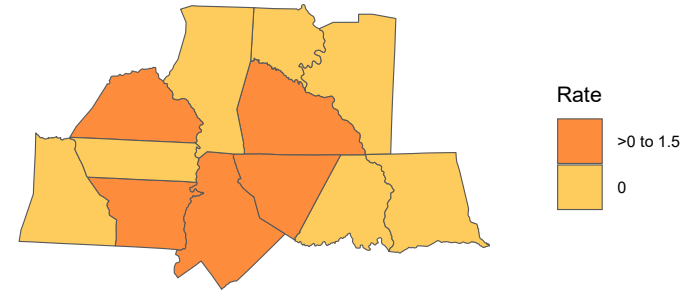
## South Central (Region 4) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **0.3 per 100,000 population**.

### This week (May 10-16, 2026):

- There were **10 HRI ED visits** (0.04% of total ED visits), with a rate of **0.4 per 100,000 population**
- The rate was highest among **females aged 65+ years (1.4 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Rowan County (0.7 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 4; 66.7%)** (Table 1)
- The maximum daily heat index ranged from **70.1 to 81.6°F** at Charlotte/Douglas International 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 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 South Central (Region 4): May 1 - May 16, 2026

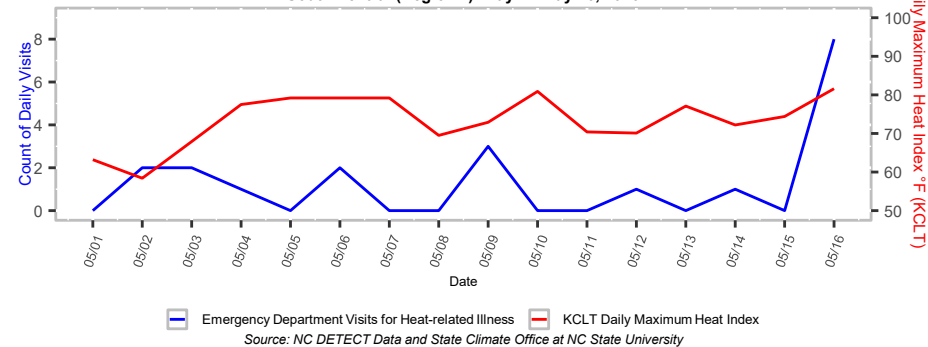


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age South Central (Region 4)

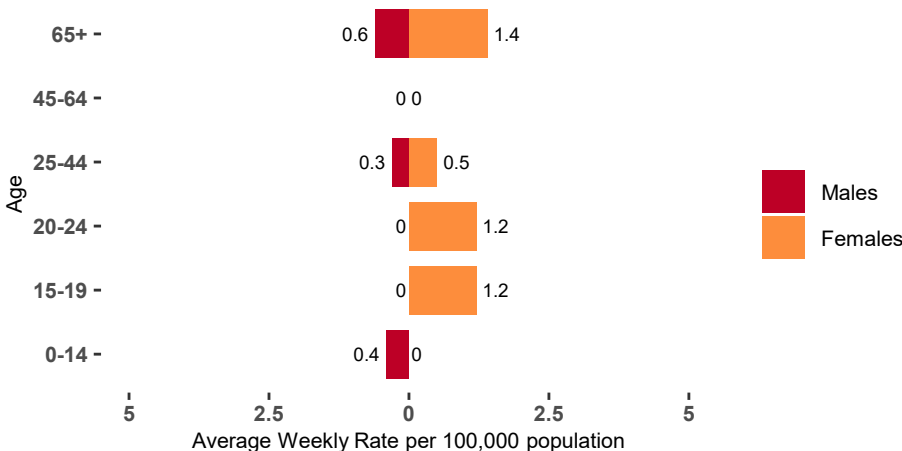


Table 1. Heat-related illness ED visits by Severity

Severity <sup>§</sup>	Number (N=6 <sup>‡</sup> )	Percent <sup>†</sup>
Heat Stroke	0	0.0
Heat Exhaustion	4	66.7
Heat Syncope	2	33.3
Heat Cramps	0	0.0
Other Effects <sup>  </sup>	0	0.0

§ 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 = 4

† May not total 100 due to rounding

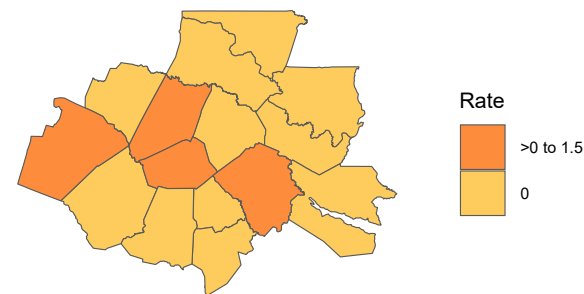
## North Coastal Plain (Region 5) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **0.1 per 100,000 population**.

### This week (May 10-16, 2026):

- There were **5 HRI ED visits** (0.02% of total ED visits), with a rate of **0.2 per 100,000 population**
- The rate was highest among **males aged 45-64 years and 65+ years (0.7 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Wilson County (1.3 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion and heat syncope (n = 1; 50%)** (Table 1)
- The maximum daily heat index ranged from **66.5 to 82.9°F** at Rocky Mount-Wilson 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 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 North Coastal Plain (Region 5): May 1 - May 16, 2026

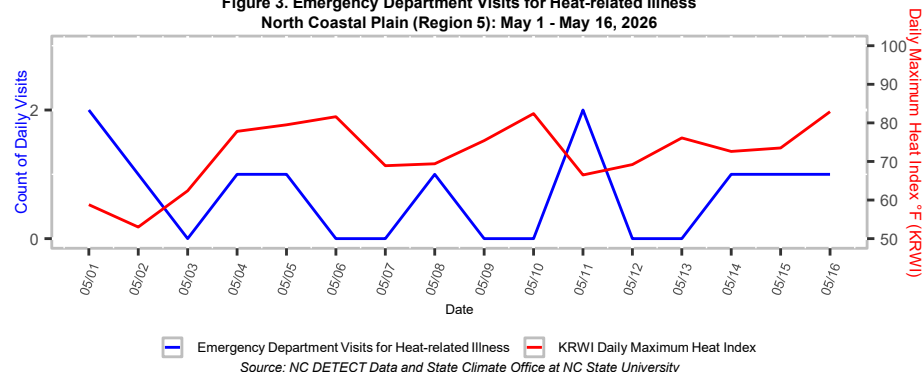


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age North Coastal Plain (Region 5)

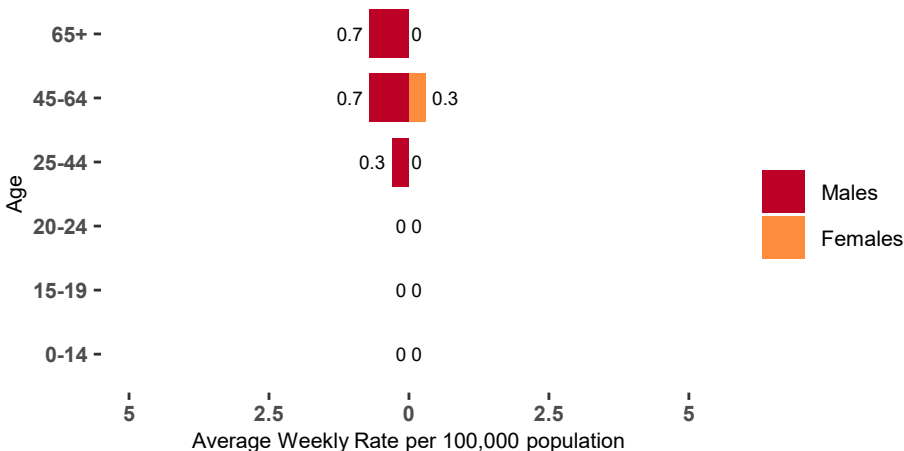


Table 1. Heat-related illness ED visits by Severity

Severity <sup>§</sup>	Number (N=2 <sup>‡</sup> )	Percent <sup>†</sup>
Heat Stroke	0	0.0
Heat Exhaustion	1	50.0
Heat Syncope	1	50.0
Heat Cramps	0	0.0
Other Effects <sup>  </sup>	0	0.0

<sup>§</sup> Definitions of heat-related illness severity categories:

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

<sup>||</sup> other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

<sup>‡</sup> Missing severity data = 3

<sup>†</sup> May not total 100 due to rounding

### Foothills (Region 6) Key Messages

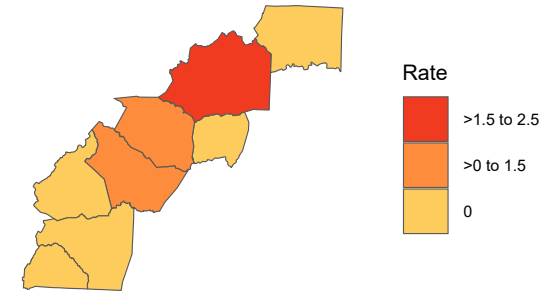
The average weekly rate of heat-related illness emergency department visits this season to date is **0.3 per 100,000 population**.

#### This week (May 10-16, 2026):

- There were **3 HRI ED visits** (0.07% of total ED visits), with a rate of **0.6 per 100,000 population**
- The rate was highest among **females aged 25-44 years (1.9 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Wilkes County (1.5 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat syncope (n = 1; 100%)** (Table 1)
- The maximum daily heat index ranged from **65.9 to 84.9°F** at Morganton-Lenoir 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

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 Foothills (Region 6): May 1 - May 16, 2026

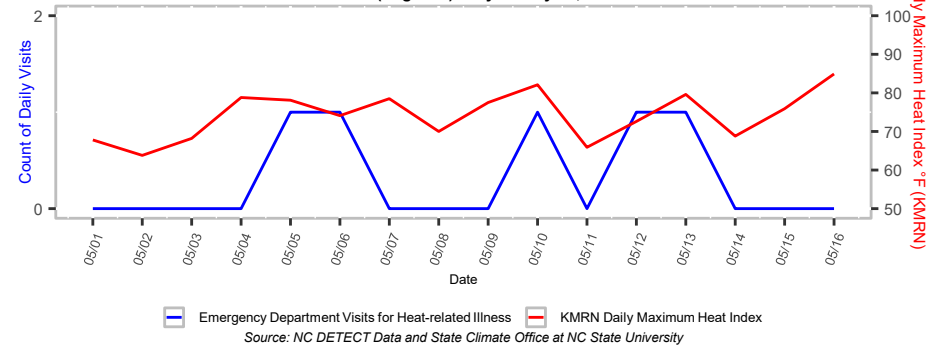


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Foothills (Region 6)

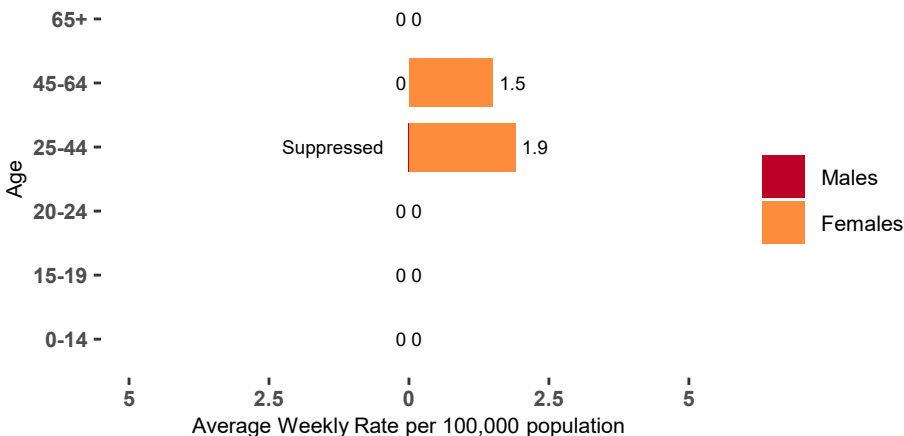


Table 1. Heat-related illness ED visits by Severity

Severity <sup>§</sup>	Number (N=1 <sup>‡</sup> )	Percent <sup>†</sup>
Heat Stroke	0	0.0
Heat Exhaustion	0	0.0
Heat Syncope	1	100.0
Heat Cramps	0	0.0
Other Effects <sup>  </sup>	0	0.0

<sup>§</sup> Definitions of heat-related illness severity categories:

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

<sup>||</sup> other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

<sup>‡</sup> Missing severity data = 2

<sup>†</sup> May not total 100 due to rounding

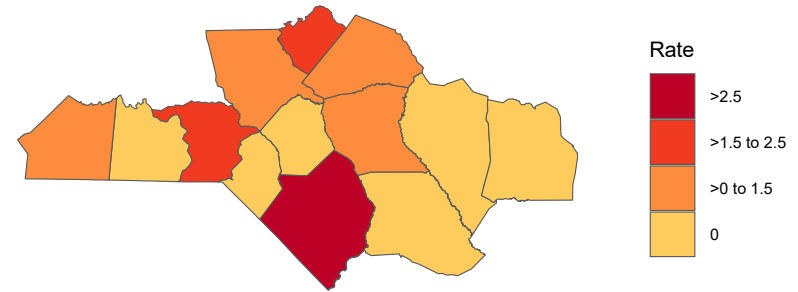
## Sandhills (Region 7) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **0.4 per 100,000 population**.

### This week (May 10-16, 2026):

- There were **12 HRI ED visits** (0.10% of total ED visits), with a rate of **0.9 per 100,000 population**
- The rate was highest among **females aged 20-24 years (2.4 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Robeson County (2.6 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 4; 57.1%)** (Table 1)
- The maximum daily heat index ranged from **70.2 to 83.4°F** at Fayetteville Regional/Grannis Field 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 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 Sandhills (Region 7): May 1 - May 16, 2026

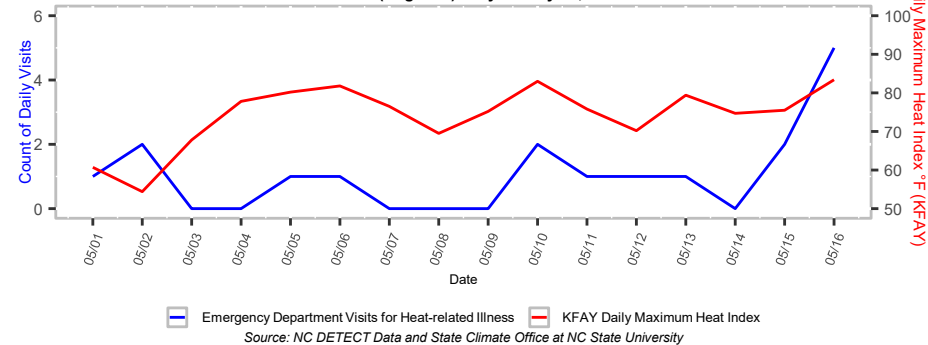


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Sandhills (Region 7)

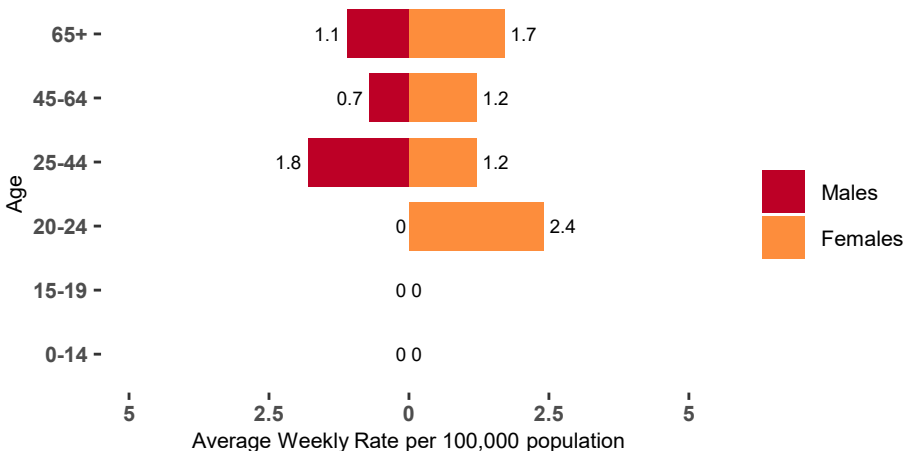


Table 1. Heat-related illness ED visits by Severity

Severity <sup>§</sup>	Number (N=7 <sup>‡</sup> )	Percent <sup>†</sup>
Heat Stroke	0	0.0
Heat Exhaustion	4	57.1
Heat Syncope	2	28.6
Heat Cramps	0	0.0
Other Effects <sup>  </sup>	1	14.3

<sup>§</sup> Definitions of heat-related illness severity categories:

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

<sup>||</sup> other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

<sup>‡</sup> Missing severity data = 5

<sup>†</sup> May not total 100 due to rounding

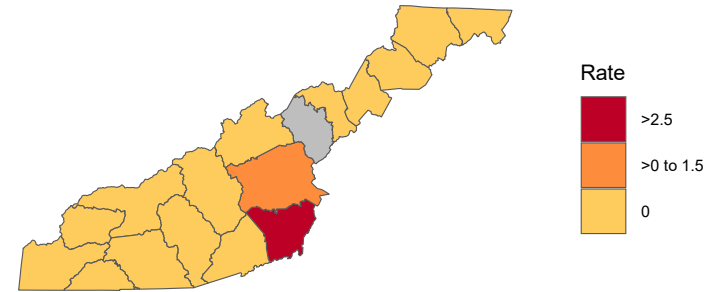
## Mountains (Region 8) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **0.3 per 100,000 population**.

### This week (May 10-16, 2026):

- There were **5 HRI ED visits** (0.07% of total ED visits), with a rate of **0.6 per 100,000 population**
- The rate was highest among **males aged 65+ years (2.3 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Henderson County (2.5 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat syncope (n = 3; 75%)** (Table 1)
- The maximum daily heat index ranged from **62.7 to 82.6°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 Mountains (Region 8): May 1 - May 16, 2026

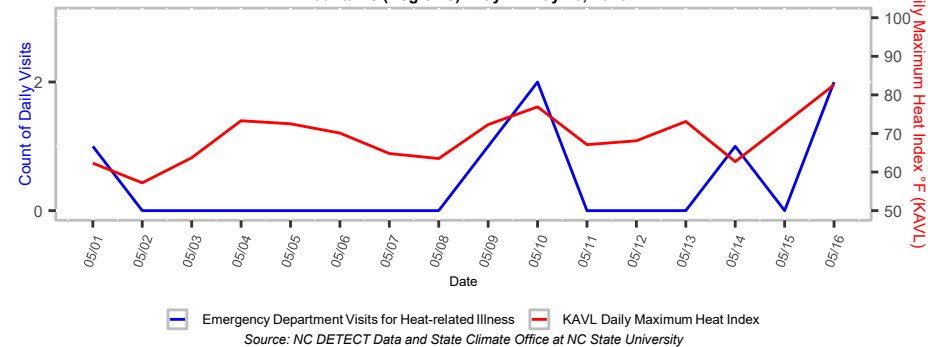


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Mountains (Region 8)

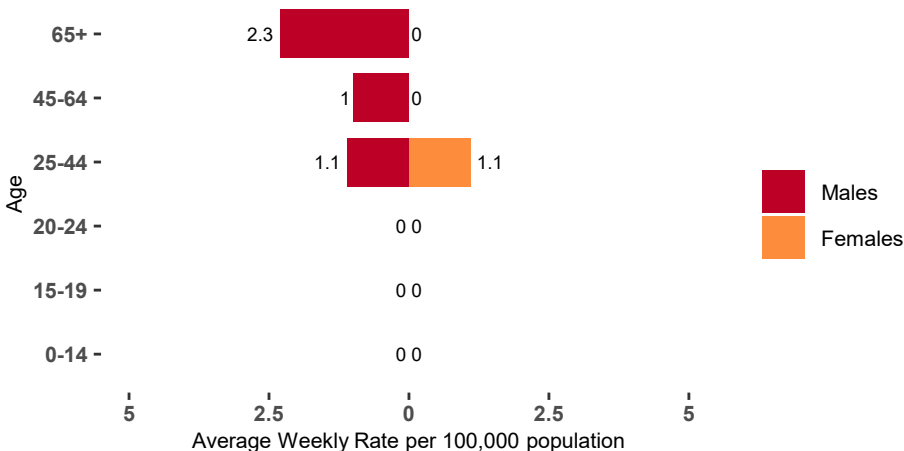


Table 1. Heat-related illness ED visits by Severity

Severity <sup>§</sup>	Number (N=4 <sup>‡</sup> )	Percent <sup>†</sup>
Heat Stroke	0	0.0
Heat Exhaustion	1	25.0
Heat Syncope	3	75.0
Heat Cramps	0	0.0
Other Effects <sup>  </sup>	0	0.0

§ Definitions of heat-related illness severity categories:

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

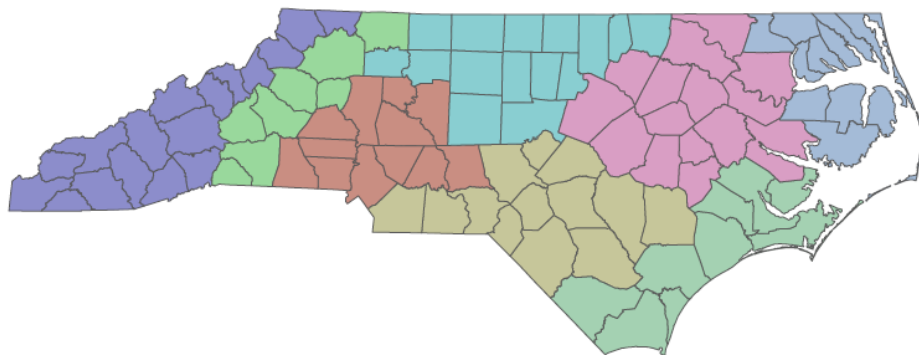
|| other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 1

† May not total 100 due to rounding

## North Carolina HRI Surveillance Regions

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



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

### 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).

The NCDHHS Climate and Health Program is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$500,000 annually with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government. Award No. (Award No. 6NUE1EH001449-03-02).