

Statewide Key Messages

This season to date (May 1-9, 2026)

There have been **38** heat-related illness (HRI) emergency department (ED) visits with an average weekly rate of **0.2 per 100,000 population**. (Note: no weekly report was produced for May 1-2)

This week (May 3-9, 2026):

- There were **28*** HRI ED visits (0.03% of total ED visits), with a **rate of 0.3 per 100,000 population**
- The rate was highest among **females aged 65+ years (0.7 per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in the **Southeast and Foothills (0.4 per 100,000 population)**, (Figure 2; Region 1 and 6)
- The most frequent heat related diagnosis code was **heat syncope (n = 7; 58.3%)** (Table 1)
- The maximum daily heat index ranged from **65.6 to 82°F** at Raleigh-Durham International Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **7** days this week.

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

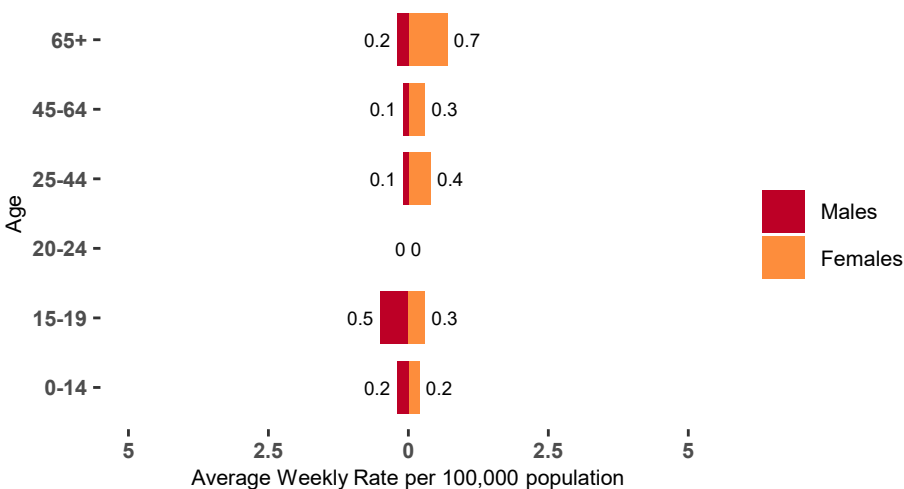
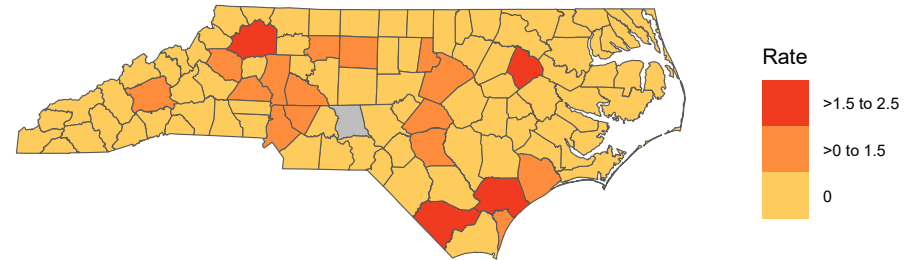


Figure 2. Rate of Heat-related Illness Emergency Department Visits per 100,000 Population



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=12 [‡]) | Percent [†] |
|-----------------------------|-----------------------------|----------------------|
| Heat Stroke | 0 | 0.0 |
| Heat Exhaustion | 2 | 16.7 |
| Heat Syncope | 7 | 58.3 |
| Heat Cramps | 0 | 0.0 |
| Other Effects | 3 | 25.0 |

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

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

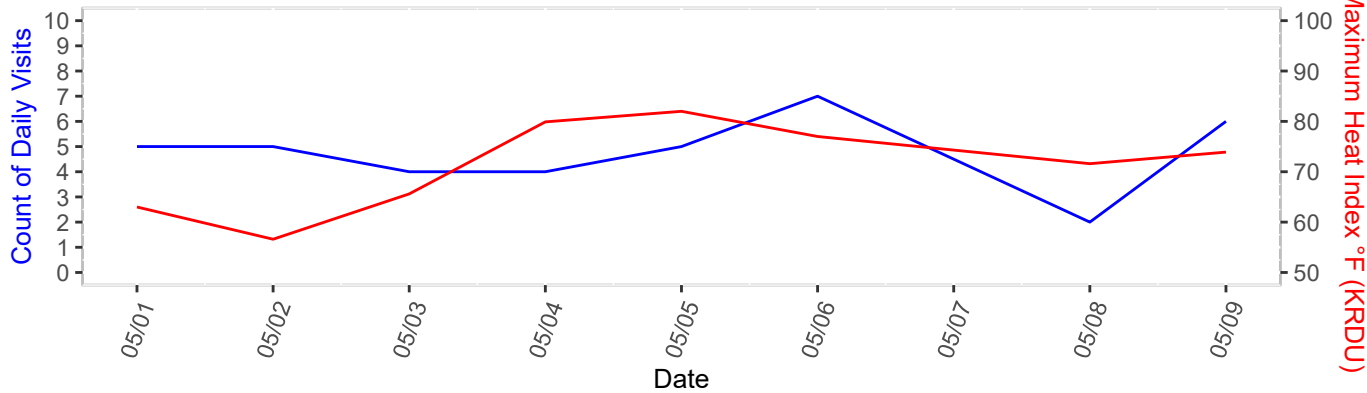
^{||} other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

[‡] Missing severity data = 16

[†] May not total 100 due to rounding

*The 28 total HRI ED visits includes 2 visits that were missing county of residence. These 2 visits are excluded from the regional reports.

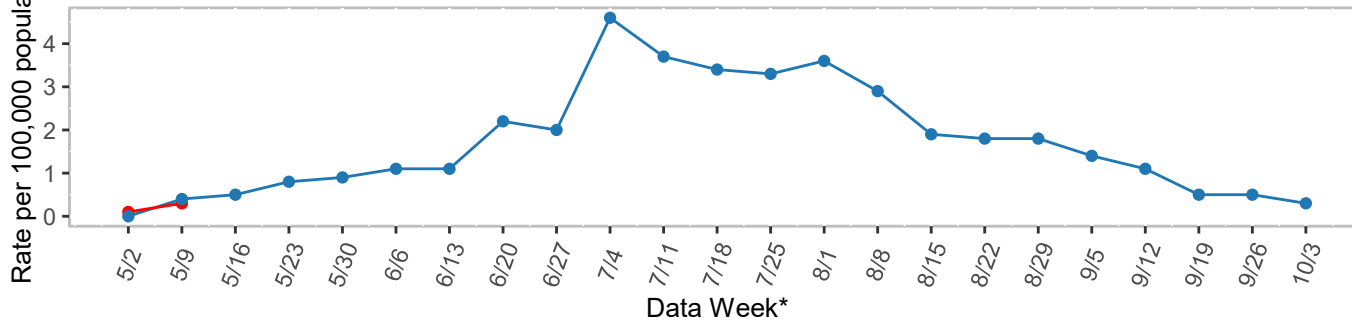
Figure 3. Emergency Department Visits for Heat-related Illness and Max Heat Index North Carolina Statewide: May 1 - May 9, 2026



Emergency Department Visits for Heat-related Illness RDU Maximum Heat Index

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



2021-2025 Average Weekly rate, 2026

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

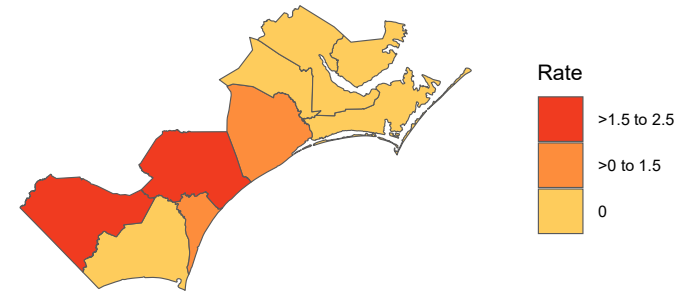
This season to date (May 1-9, 2026):

There have been **4** heat-related illness emergency department visits with an average weekly rate of **0.2 per 100,000 population**. (Note: no weekly report was produced for May 1-2)

This week (May 3-9, 2026):

- There were **4** HRI ED visits (0.05% of total ED visits), with a rate of **0.4 per 100,000 population**
- The rate was highest among **females aged 0-14 years (1.4 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Columbus County (2 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 **66.1 to 82.7°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 9, 2026

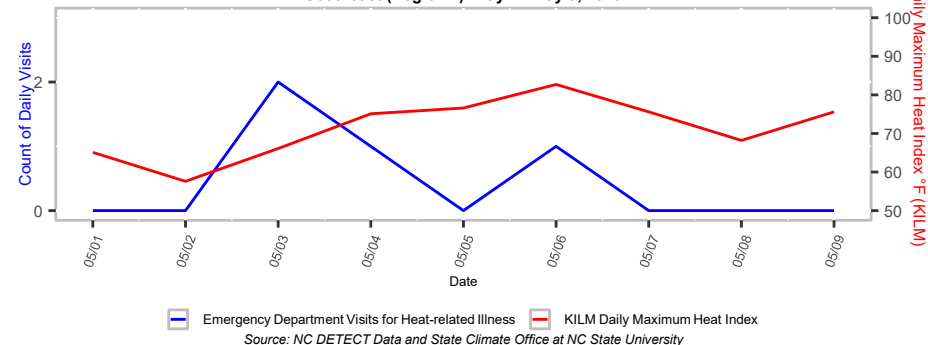


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Southeast (Region 1)

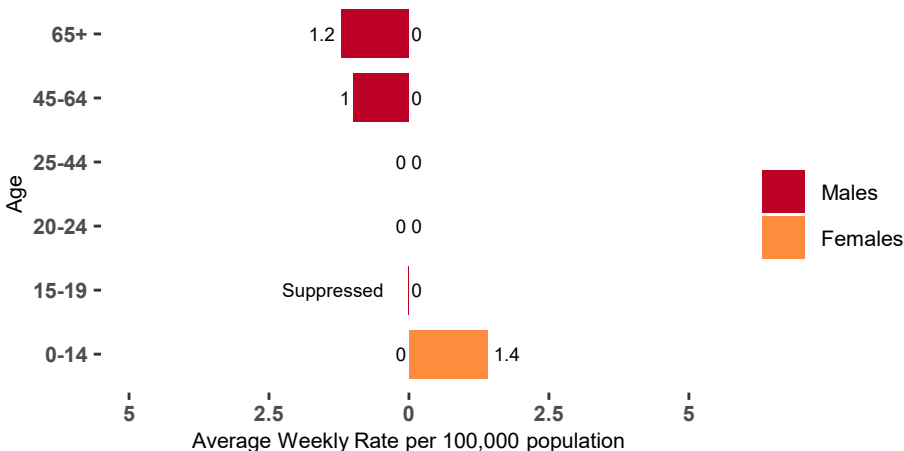


Table 1. Heat-related illness ED visits by Severity

| Severity [§] | Number (N=2 [‡]) | Percent [†] |
|-----------------------------|----------------------------|----------------------|
| Heat Stroke | 0 | 0.0 |
| Heat Exhaustion | 1 | 50.0 |
| Heat Syncope | 1 | 50.0 |
| Heat Cramps | 0 | 0.0 |
| Other Effects | 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 = 2

† May not total 100 due to rounding

North Central (Region 2) Key Messages

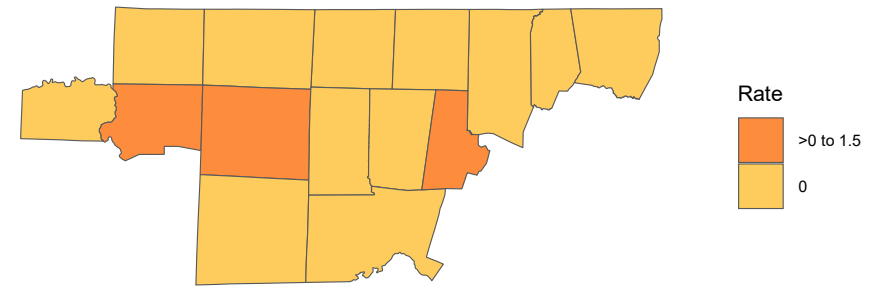
This season to date (May 1-9, 2026):

There have been **8** heat-related illness emergency department visits with an average weekly rate of **0.1 per 100,000 population**. (Note: no weekly report was produced for May 1-2)

This week (May 3-9, 2026):

- There were **7** HRI ED visits (0.04% of total ED visits), with a rate of **0.3 per 100,000 population**
- The rate was highest among **females aged 65+ years (0.9 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Durham County (0.9 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat syncope (n = 4; 100%)** (Table 1)
- The maximum daily heat index ranged from **62.2 to 79.1°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 9, 2026

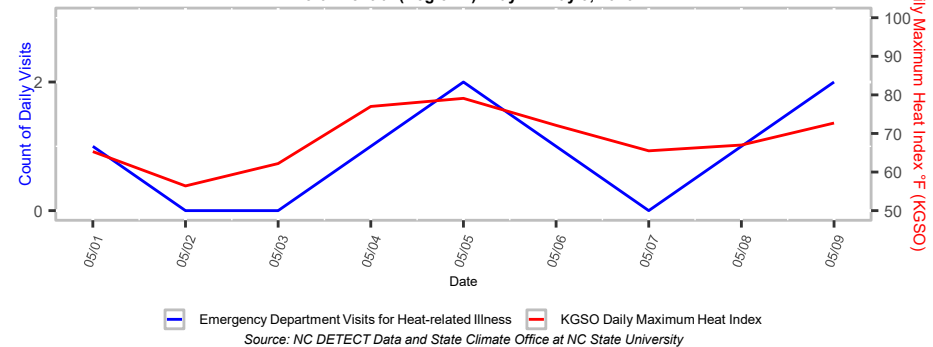


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age North Central (Region 2)

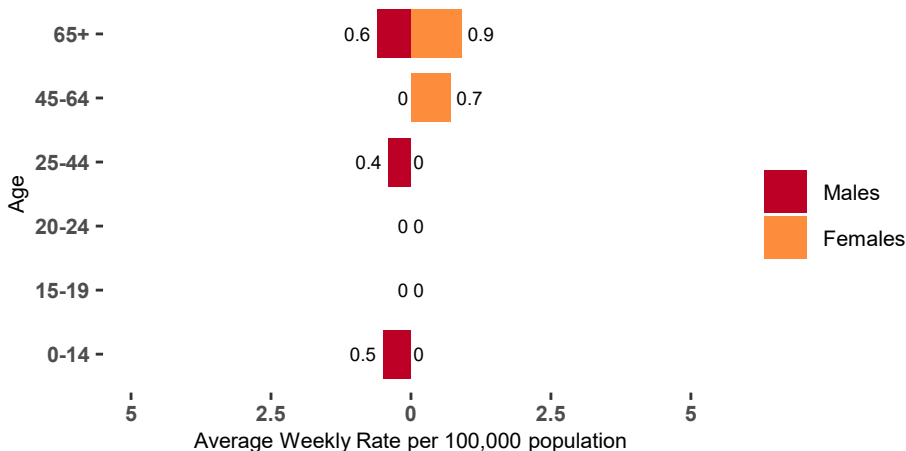


Table 1. Heat-related illness ED visits by Severity

| Severity [§] | Number (N=4 [‡]) | Percent [†] |
|-----------------------------|----------------------------|----------------------|
| Heat Stroke | 0 | 0.0 |
| Heat Exhaustion | 0 | 0.0 |
| Heat Syncope | 4 | 100.0 |
| Heat Cramps | 0 | 0.0 |
| Other Effects | 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 = 3

† May not total 100 due to rounding

The regional report for Northeast NC is not provided this week due to zero ED visits for heat-related illness.

South Central (Region 4) Key Messages

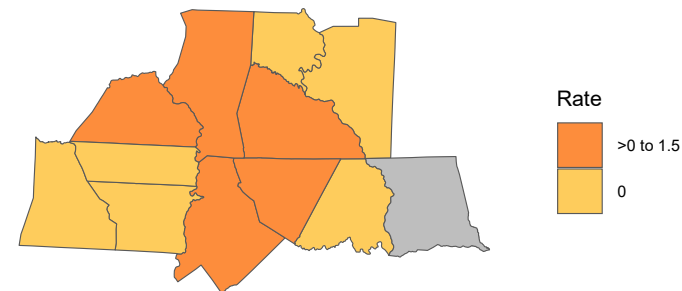
This season to date (May 1-9):

There have been **9** heat-related illness emergency department visits with an average weekly rate of **0.2 per 100,000 population**. (Note: no weekly report was produced for May 1-2)

This week (May 3-9, 2026):

- There were **7** HRI ED visits (0.03% of total ED visits), with a rate of **0.3 per 100,000 population**
- The rate was highest among **females aged 65+ years (0.9 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 and other effects (n = 1; 50%)** (Table 1)
- The maximum daily heat index ranged from **67.9 to 79.2°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 9, 2026

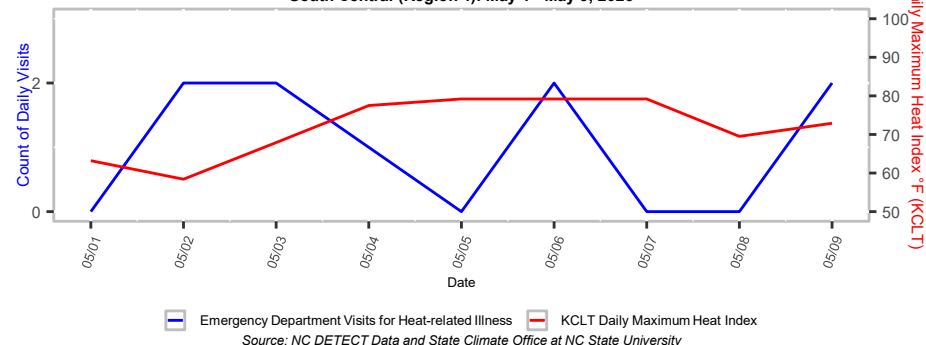


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age South Central (Region 4)

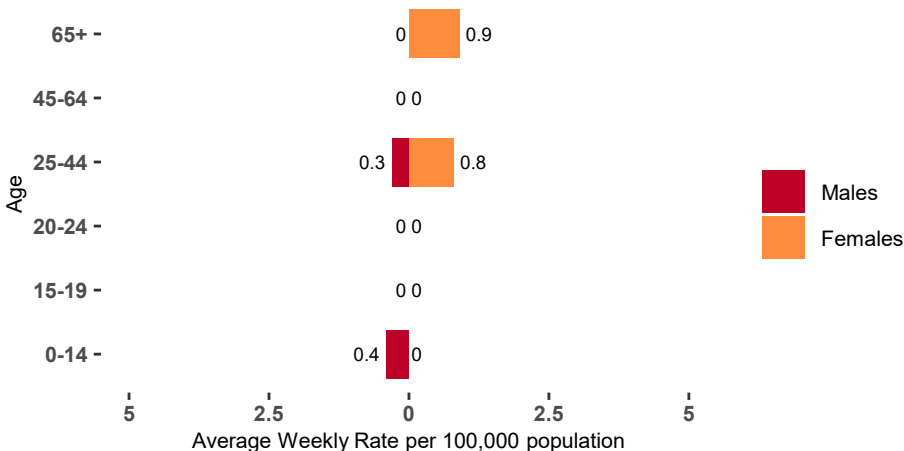


Table 1. Heat-related illness ED visits by Severity

| Severity [§] | Number (N=2 [‡]) | Percent [†] |
|-----------------------------|----------------------------|----------------------|
| Heat Stroke | 0 | 0.0 |
| Heat Exhaustion | 1 | 50.0 |
| Heat Syncope | 0 | 0.0 |
| Heat Cramps | 0 | 0.0 |
| Other Effects | 1 | 50.0 |

§ 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

North Coastal Plain (Region 5) Key Messages

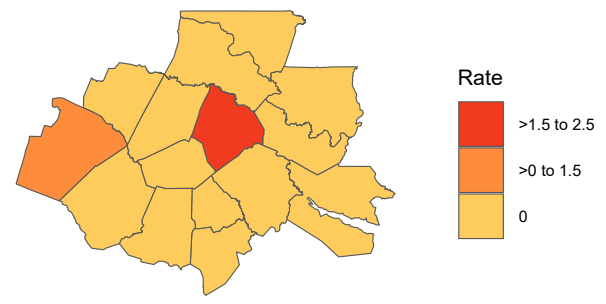
This season to date (May 1-9):

There have been **6** heat-related illness emergency department visits with an average weekly rate of **0.1 per 100,000 population**. (Note: no weekly report was produced for May 1-2)

This week (May 3-9, 2026):

- There were **3** HRI ED visits (0.01% of total ED visits), with a rate of **0.1 per 100,000 population**
- The rate was highest among **females aged 65+ years (0.5 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Edgecombe County (2.1 per 100,000 population)** (Figure 2)
- The maximum daily heat index ranged from **62.4 to 81.6°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 9, 2026

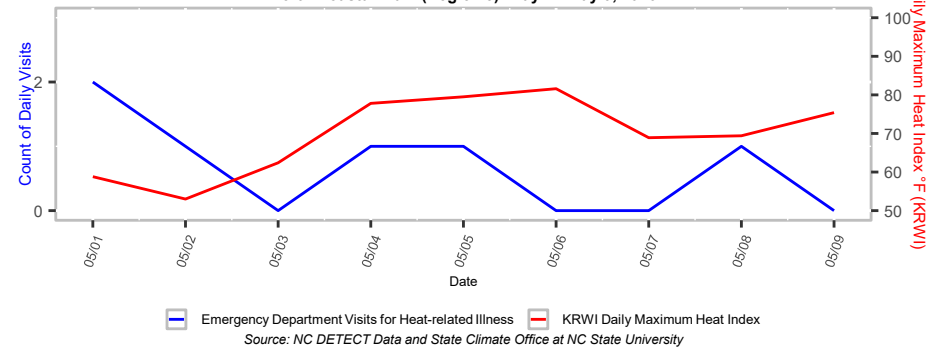


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age North Coastal Plain (Region 5)

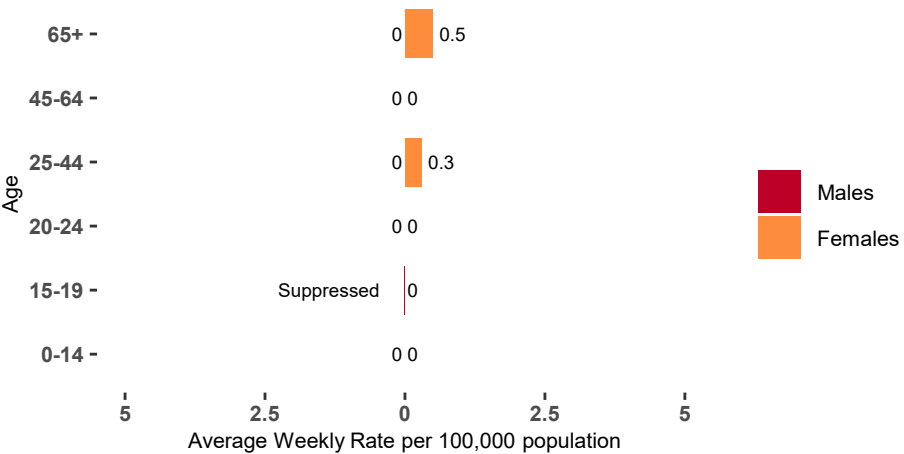


Table 1 is not provided for the North Coastal Plain region this week due to the small number of ED visits for heat-related illness.

Foothills (Region 6) Key Messages

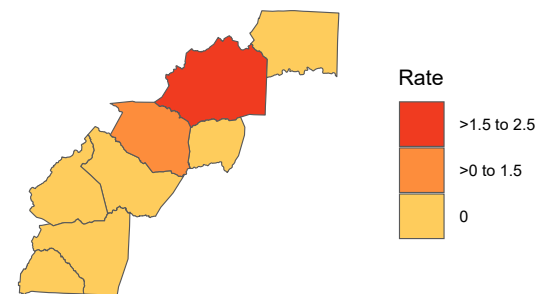
This season to date (May 1-9):

There have been **2** heat-related illness emergency department visits with an average weekly rate of **0.2 per 100,000 population**. (Note: no weekly report was produced for May 1-2)

This week (May 3-9, 2026):

- There were **2** 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 (3.5 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 = 2; 100%)** (Table 1)
- The maximum daily heat index ranged from **68.2 to 78.8°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 9, 2026

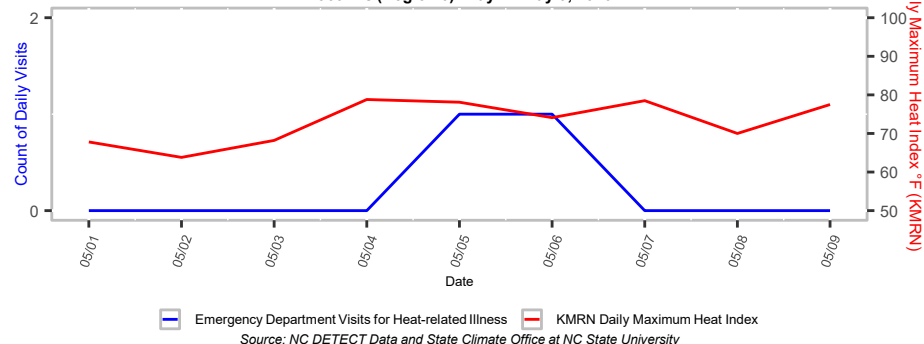


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Foothills (Region 6)

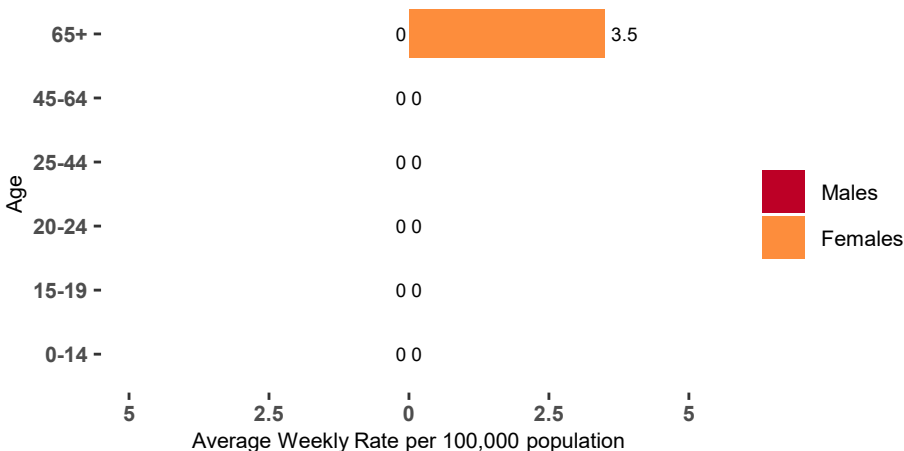


Table 1. Heat-related illness ED visits by Severity

| Severity [§] | Number (N=2 [‡]) | Percent [†] |
|-----------------------------|----------------------------|----------------------|
| Heat Stroke | 0 | 0.0 |
| Heat Exhaustion | 0 | 0.0 |
| Heat Syncope | 2 | 100.0 |
| Heat Cramps | 0 | 0.0 |
| Other Effects | 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 = 0

† May not total 100 due to rounding

Sandhills (Region 7) Key Messages

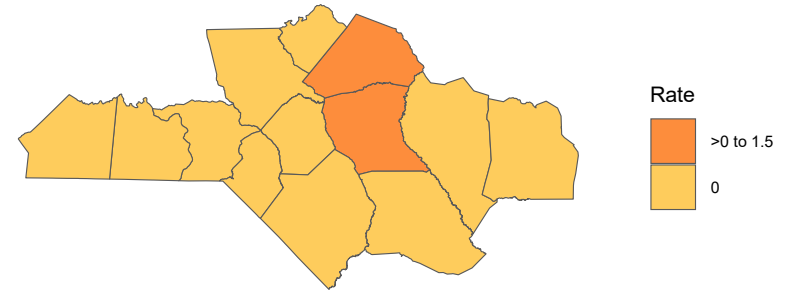
This season to date (May 1-9):

There have been 5 heat-related illness emergency department visits with an average weekly rate of **0.2 per 100,000 population**. (Note: no weekly report was produced for May 1-2)

This week (May 3-9, 2026):

- There were **2 HRI ED visits** (0.02% of total ED visits), with a rate of **0.2 per 100,000 population**
- The rate was highest among **females aged 25-44 years (0.6 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Harnett County (0.7 per 100,000 population)** (Figure 2)
- The maximum daily heat index ranged from **67.8 to 81.8°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 9, 2026

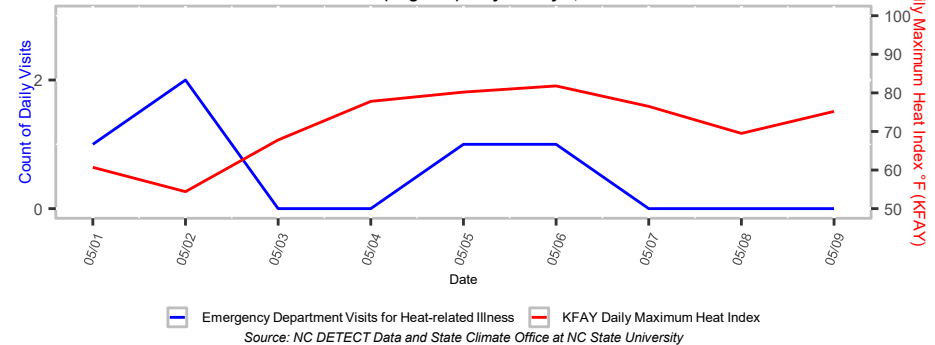


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Sandhills (Region 7)



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

Mountains (Region 8) Key Messages

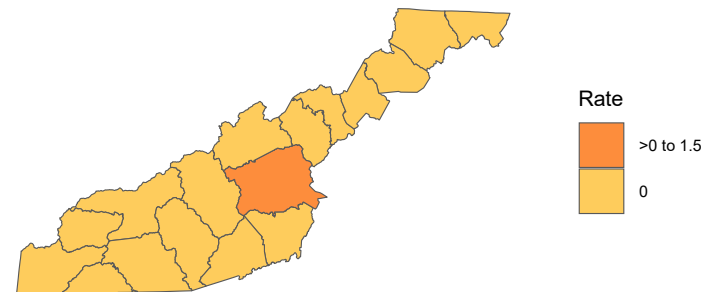
This season to date (May 1-9):

There have been **2** heat-related illness emergency department visits with an average weekly rate of **0.1 per 100,000 population**. (Note: no weekly report was produced for May 1-2)

This week (May 3-9, 2026):

- There was **1** HRI ED visit (0.02% of total ED visits), with a rate of **0.1 per 100,000 population**
- The rate was highest among **females aged 45-64 years (0.9 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Buncombe County (0.4 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **other effects (n = 1; 100%)** (Table 1)
- The maximum daily heat index ranged from **63.5 to 73.3°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 9, 2026

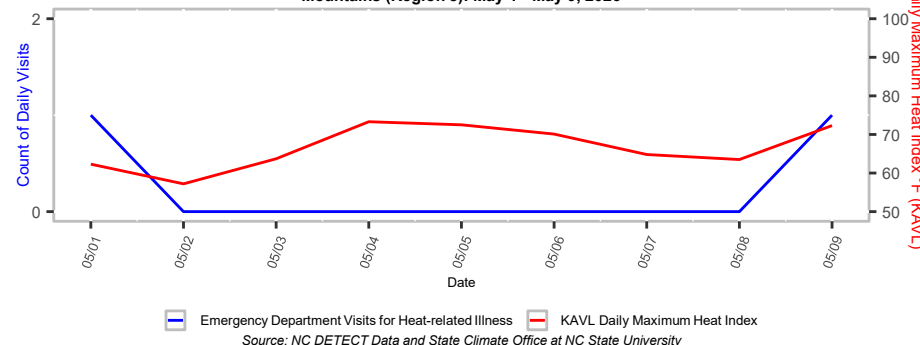


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Mountains (Region 8)

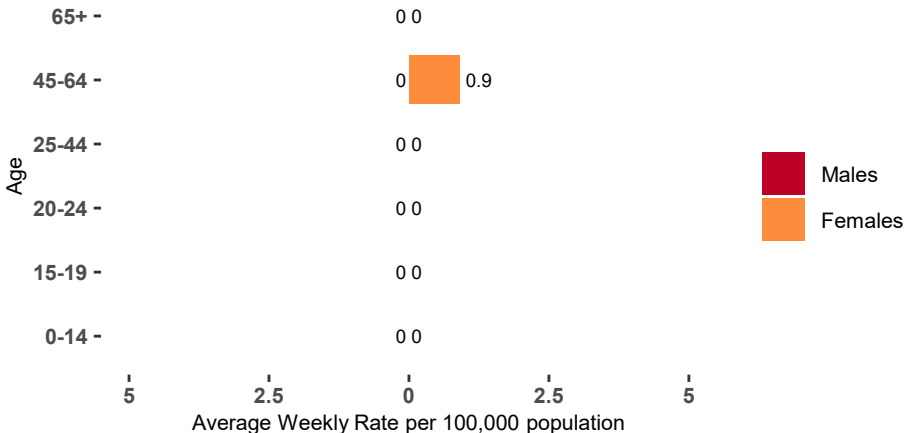


Table 1. Heat-related illness ED visits by Severity

| Severity [§] | Number (N=1 [‡]) | Percent [†] |
|-----------------------------|----------------------------|----------------------|
| Heat Stroke | 0 | 0.0 |
| Heat Exhaustion | 0 | 0.0 |
| Heat Syncope | 0 | 0.0 |
| Heat Cramps | 0 | 0.0 |
| Other Effects | 1 | 100.0 |

§ Definitions of heat-related illness severity categories:

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

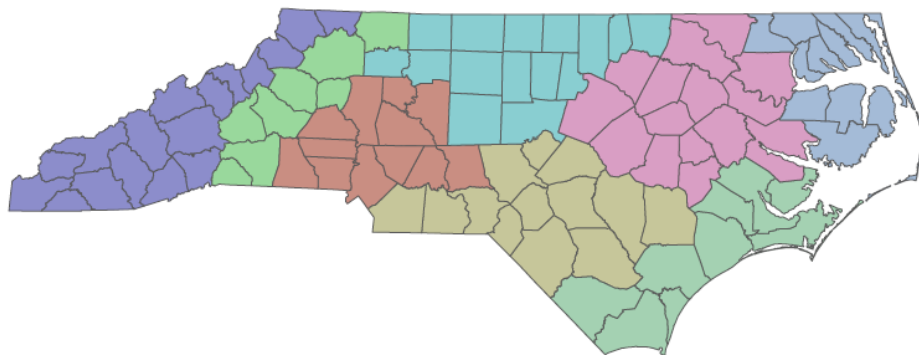
|| other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 0

† 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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