

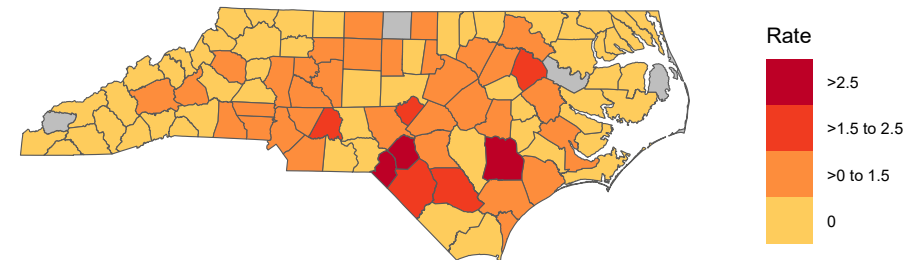
## Statewide Key Messages

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 reporting period (September 20-30, 2026):

- There were **113\*** HRI ED visits (0.07% of total ED visits), with a **rate of 1.1 per 100,000 population**
- The rate was highest among **males aged 20-24 years and 45-64 years (1.9 per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in the **Sandhills (2.1 per 100,000 population)**, (Figure 2; Region 7)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 28; 45.9%)** (Table 1)
- The maximum daily heat index ranged from **63.6 to 97°F** at Raleigh-Durham International Airport (Figure 3)
- There was **1** day when the minimum temperature was above 70°F.

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.

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

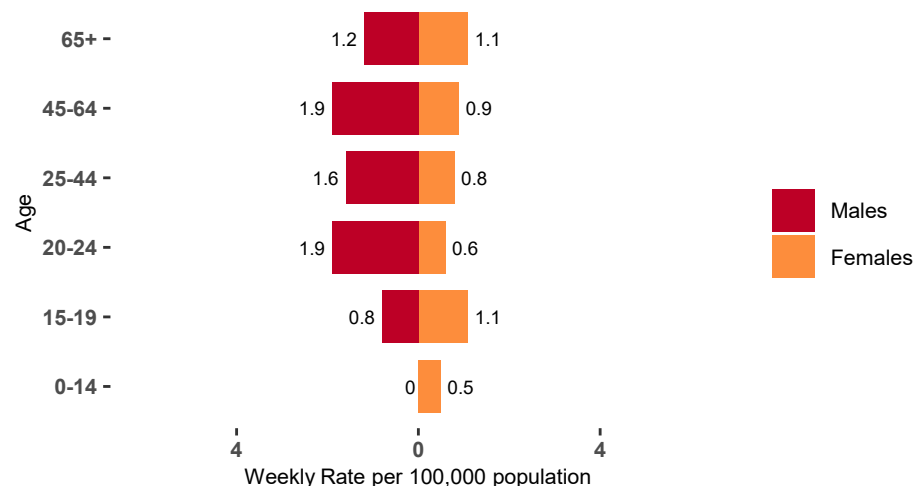


Table 1. Heat-related illness ED visits by Severity

| Severity <sup>§</sup>       | Number (N=61 <sup>‡</sup> ) | Percent <sup>†</sup> |
|-----------------------------|-----------------------------|----------------------|
| Heat Stroke                 | 1                           | 1.6                  |
| Heat Exhaustion             | 28                          | 45.9                 |
| Heat Syncope                | 20                          | 32.8                 |
| Heat Cramps                 | 0                           | 0.0                  |
| Other Effects <sup>  </sup> | 12                          | 19.7                 |

§ 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

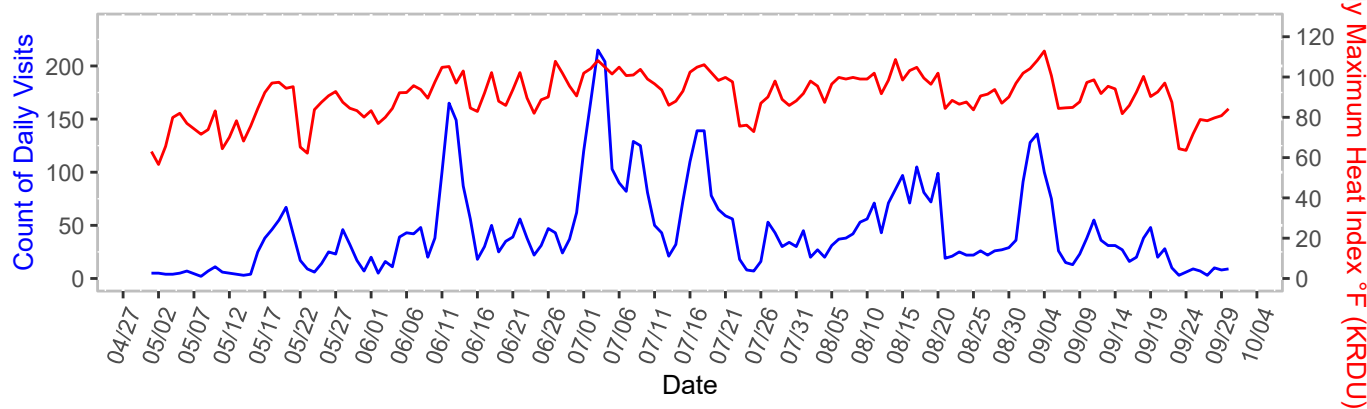
‡ Missing severity data = 52

† May not total 100 due to rounding

\*The 113 total HRI ED visits includes 7 visits that were missing county of residence. These 7 visits are excluded from the regional reports.

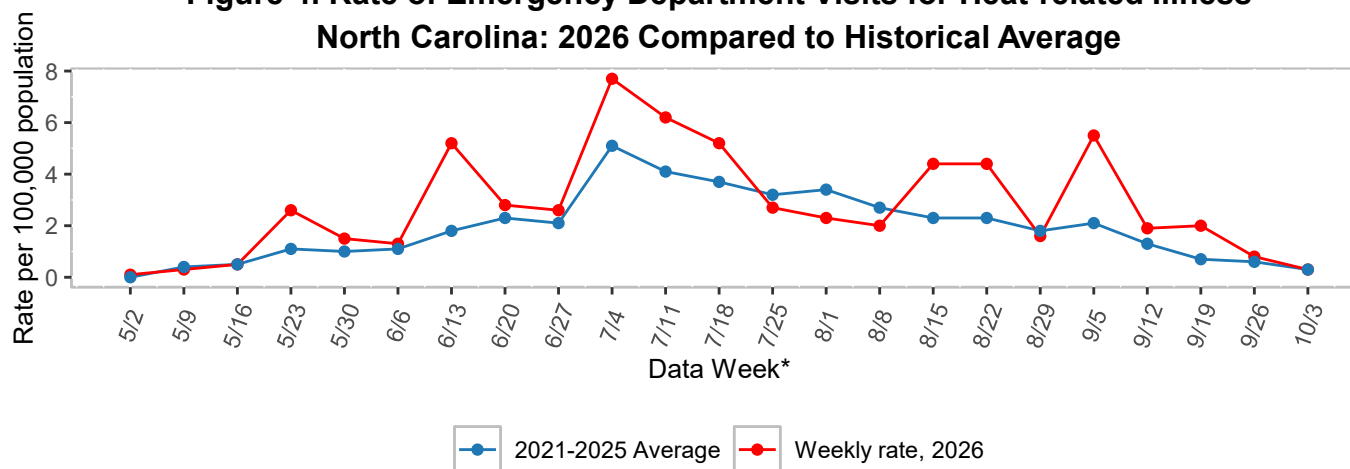
This report includes four additional days to end the heat season

**Figure 3. Emergency Department Visits for Heat-related Illness and Maximum Heat Index**  
**North Carolina Statewide: May 1 - September 30, 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>

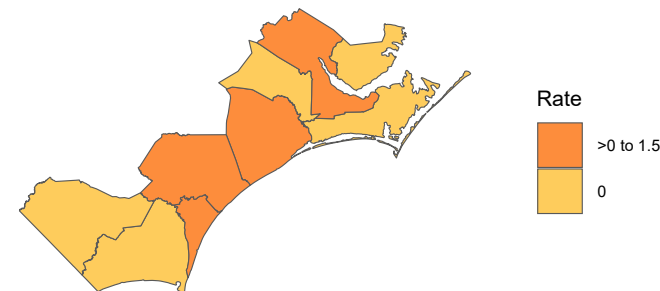
## Southeast (Region 1) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **3.3 per 100,000 population**.

### This reporting period (September 20-30, 2026):

- There were **6 HRI ED visits** (0.04% of total ED visits), with a rate of **0.7 per 100,000 population**
- The rate was highest among **males aged 45-64 years (1.9 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Craven County (1 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 3; 100%)** (Table 1)
- The maximum daily heat index ranged from **69.6 to 93°F** at Wilmington International Airport (Figure 3)
- There was **1 day** when the minimum temperature was above 70°F.

Figure 2. 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 - September 30, 2026

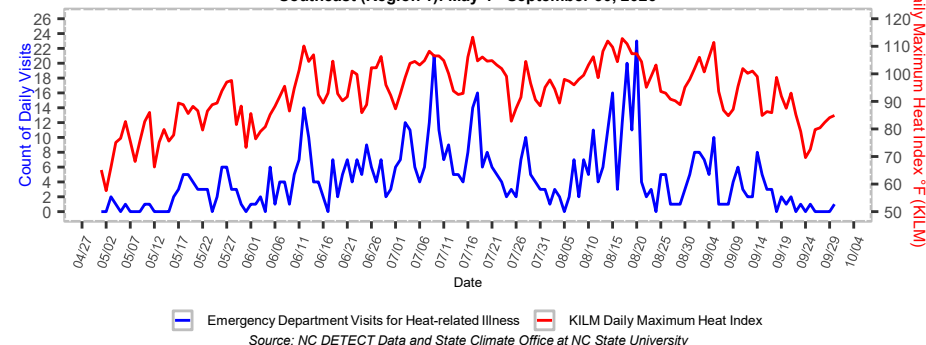


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age  
Southeast (Region 1)

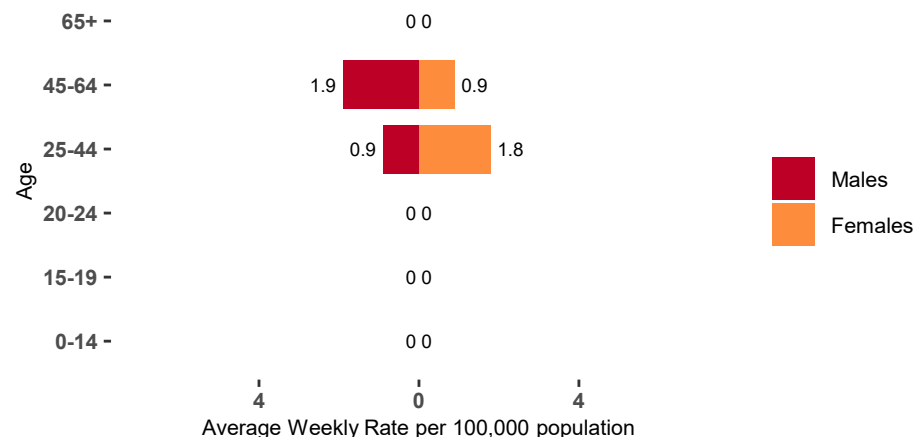


Table 1. Heat-related illness ED visits by Severity

| Severity <sup>§</sup>       | Number (N=3 <sup>‡</sup> ) | Percent <sup>†</sup> |
|-----------------------------|----------------------------|----------------------|
| Heat Stroke                 | 0                          | 0.0                  |
| Heat Exhaustion             | 3                          | 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 = 3

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

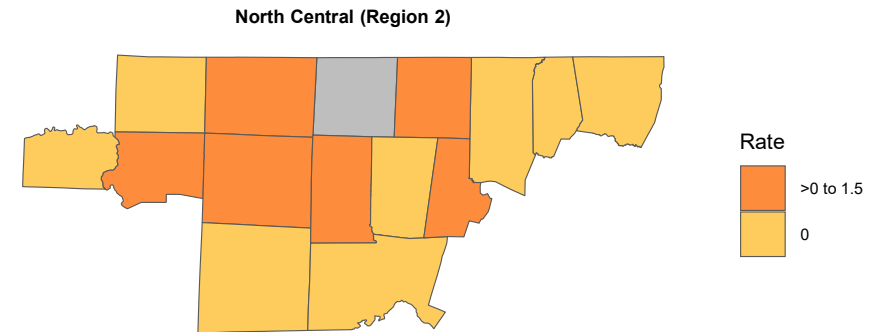
## North Central (Region 2) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2.3 per 100,000 population**.

### This reporting period (September 20-30, 2026):

- There were **13 HRI ED visits** (0.04% of total ED visits), with a rate of **0.6 per 100,000 population**
- The rate was highest among **males aged 20-24 years (4.1 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Person County (1.3 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat syncope (n = 4; 57.1%)** (Table 1)
- The maximum daily heat index ranged from **60.3 to 94.3°F** at Piedmont Triad International Airport (Figure 3)
- There was **1 day** when the minimum temperature was above 70°F.

Figure 2. Weekly 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.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index North Central (Region 2): May 1 - September 30, 2026

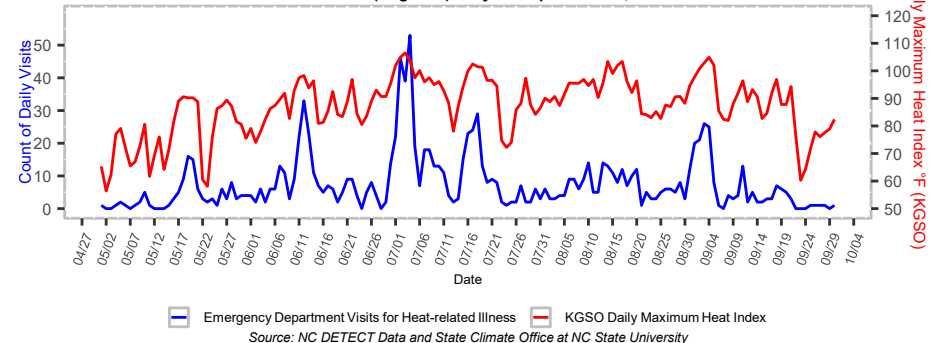


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age North Central (Region 2)

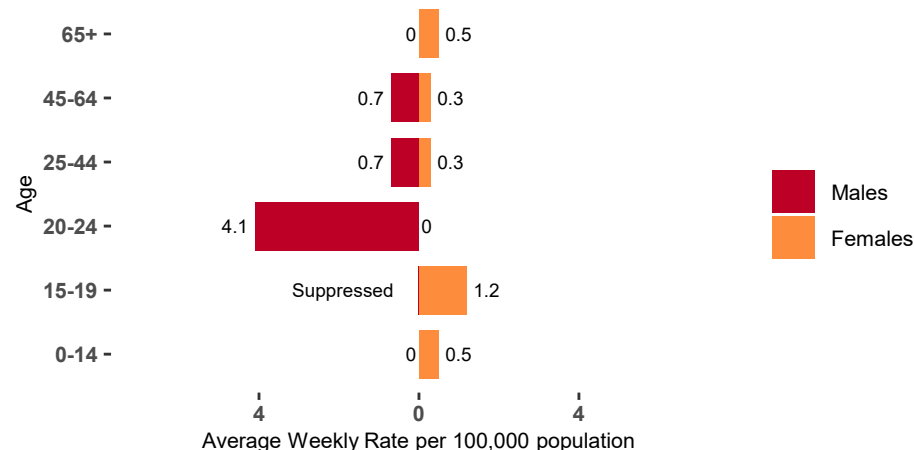


Table 1. Heat-related illness ED visits by Severity

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

§ 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 = 6

† May not total 100 due to rounding

The Northeast regional report is not provided this week due to the small number of ED visits for heat-related illness.

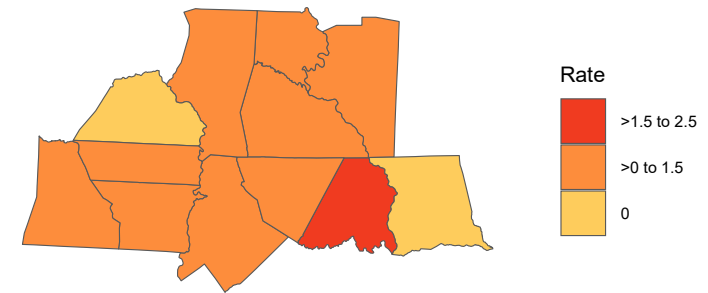
## South Central (Region 4) Key Messages

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

### This reporting period (September 20-30, 2026):

- There were **26 HRI ED visits** (0.06% of total ED visits), with a rate of **1 per 100,000 population**
- The rate was highest among **males aged 15-19 years (2.3 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Stanly County (1.6 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat syncope (n = 6; 40%)** (Table 1)
- The maximum daily heat index ranged from **61.7 to 95.2°F** at Charlotte/Douglas International Airport (Figure 3)
- There was **1 day** when the minimum temperature was above 70°F.

Figure 2. 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 - September 30, 2026

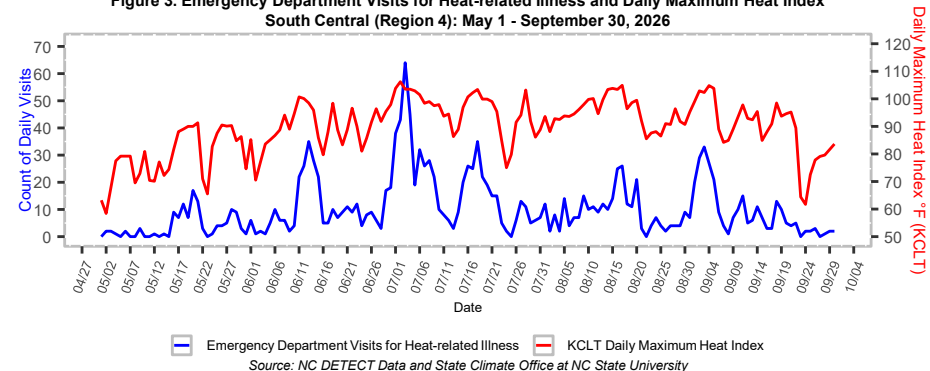


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age  
South Central (Region 4)

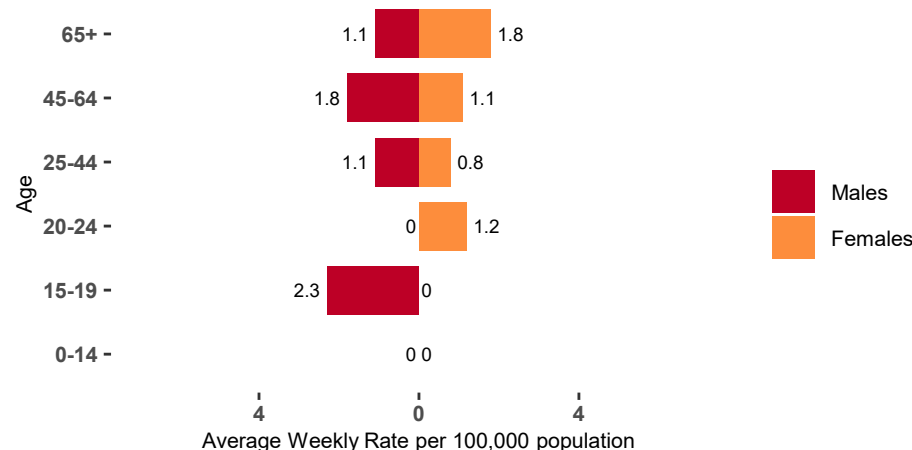


Table 1. Heat-related illness ED visits by Severity

| Severity <sup>§</sup>       | Number (N=15 <sup>‡</sup> ) | Percent <sup>†</sup> |
|-----------------------------|-----------------------------|----------------------|
| Heat Stroke                 | 0                           | 0.0                  |
| Heat Exhaustion             | 5                           | 33.3                 |
| Heat Syncope                | 6                           | 40.0                 |
| Heat Cramps                 | 0                           | 0.0                  |
| Other Effects <sup>  </sup> | 4                           | 26.7                 |

<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 = 11

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

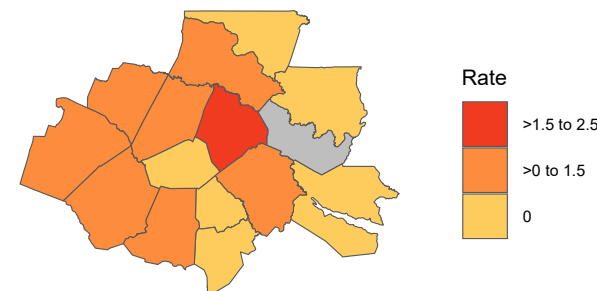
## North Coastal Plain (Region 5) Key Messages

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

### This reporting period (September 20-30, 2026):

- There were **28 HRI ED visits** (0.08% of total ED visits), with a rate of **1.3 per 100,000 population**
- The rate was highest among **females aged 15-19 years (2.7 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 most frequent heat related diagnosis code was **heat syncope (n = 5; 41.7%)** (Table 1)
- The maximum daily heat index ranged from **65.6 to 96.5°F** at Rocky Mount-Wilson Regional Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **10 days**. (The KRWI weather station was missing observations for maximum heat index data on 7/22 and 7/23.)

Figure 2. 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 - September 30, 2026

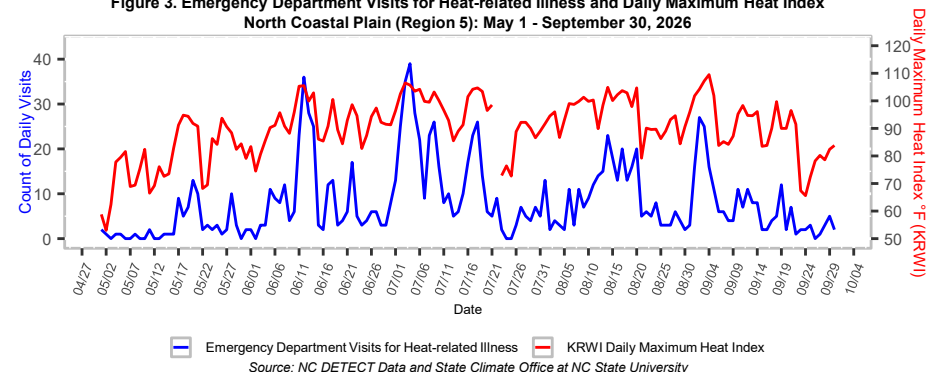


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age  
North Coastal Plain (Region 5)

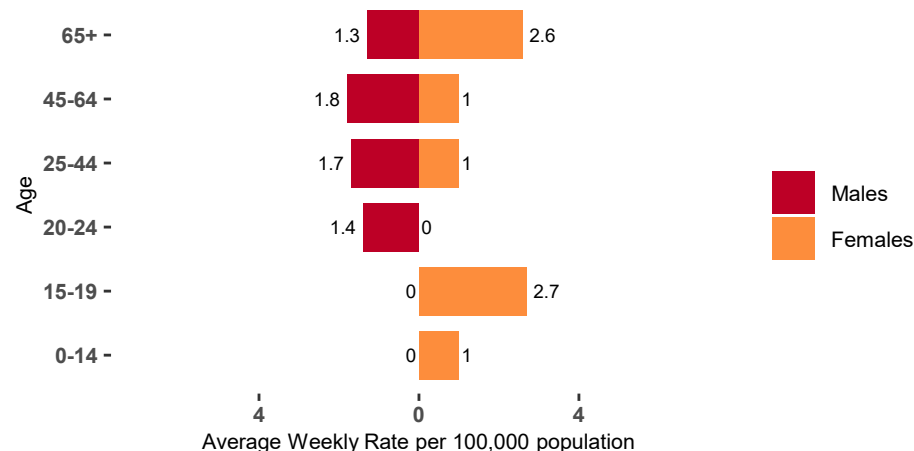


Table 1. Heat-related illness ED visits by Severity

| Severity <sup>§</sup>       | Number (N=12 <sup>‡</sup> ) | Percent <sup>†</sup> |
|-----------------------------|-----------------------------|----------------------|
| Heat Stroke                 | 0                           | 0.0                  |
| Heat Exhaustion             | 4                           | 33.3                 |
| Heat Syncope                | 5                           | 41.7                 |
| Heat Cramps                 | 0                           | 0.0                  |
| Other Effects <sup>  </sup> | 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

## Foothills (Region 6) Key Messages

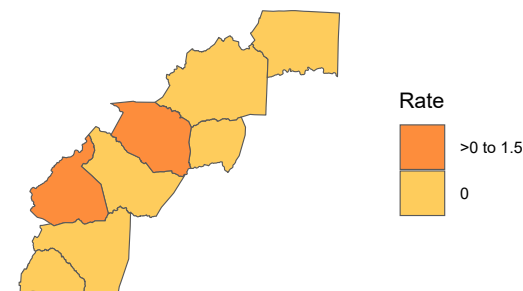
The average weekly rate of heat-related illness emergency department visits **this season to date** is **3.1 per 100,000 population**.

### This reporting period (September 20-30, 2026):

- There were **2 HRI ED visits** (0.03% of total ED visits), with a rate of **0.4 per 100,000 population**
- The rate of HRI ED visits was highest in **McDowell County (1.1 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 **64.4 to 99°F** at Morganton-Lenoir Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **10 days**.

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

Figure 2. 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 - September 30, 2026

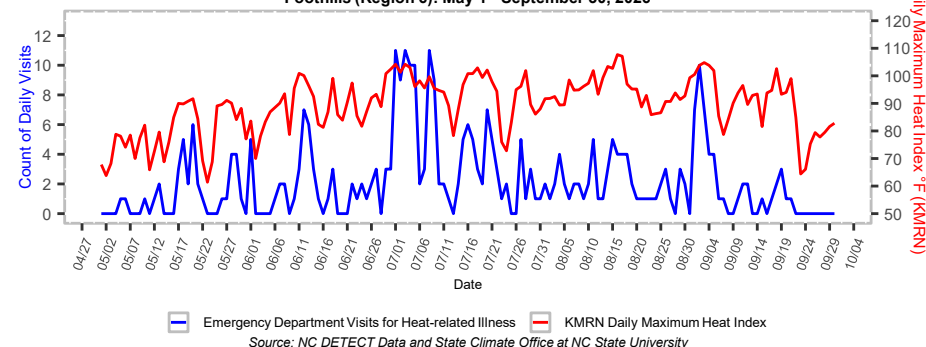


Table 1. Heat-related illness ED visits by Severity

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

<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 = 0

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

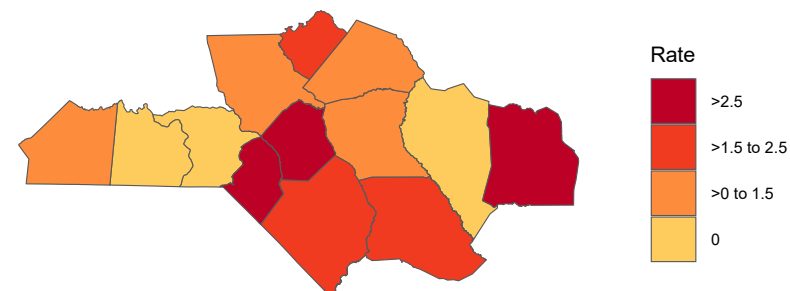
## Sandhills (Region 7) Key Messages

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

### This reporting period (September 20-30, 2026):

- There were **27 HRI ED visits** (0.14% of total ED visits), with a rate of **2.1 per 100,000 population**
- The rate was highest among **males aged 65+ years (5.6 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Hoke County (3.7 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 9; 60%)** (Table 1)
- The maximum daily heat index ranged from **65.2 to 94.3°F** at Fayetteville Regional/Grannis Field Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **10** days.

Figure 2. 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 - September 30, 2026

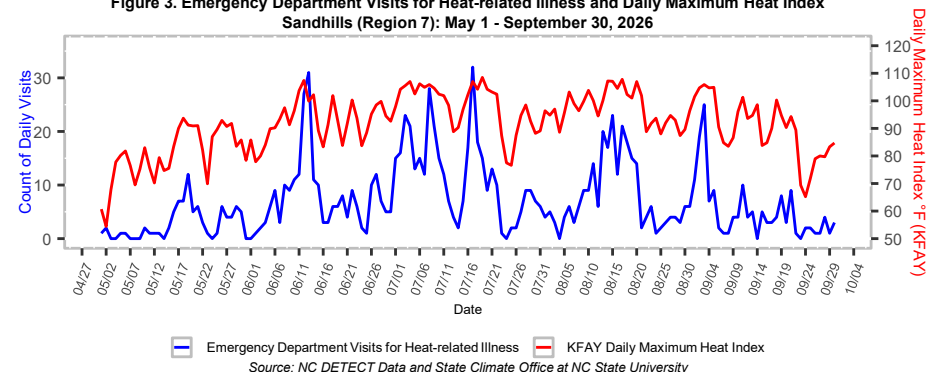


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age Sandhills (Region 7)

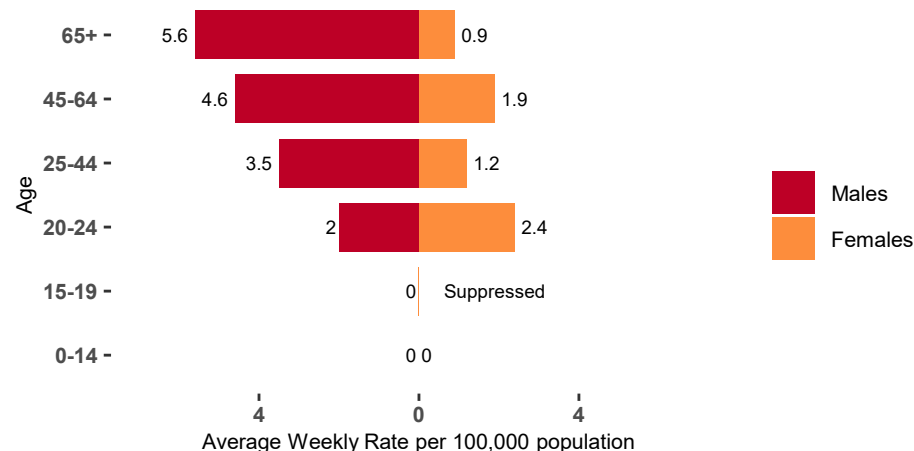


Table 1. Heat-related illness ED visits by Severity

| Severity <sup>§</sup>       | Number (N=15 <sup>‡</sup> ) | Percent <sup>†</sup> |
|-----------------------------|-----------------------------|----------------------|
| Heat Stroke                 | 1                           | 6.7                  |
| Heat Exhaustion             | 9                           | 60.0                 |
| Heat Syncope                | 4                           | 26.7                 |
| Heat Cramps                 | 0                           | 0.0                  |
| Other Effects <sup>  </sup> | 1                           | 6.7                  |

<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 = 12

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

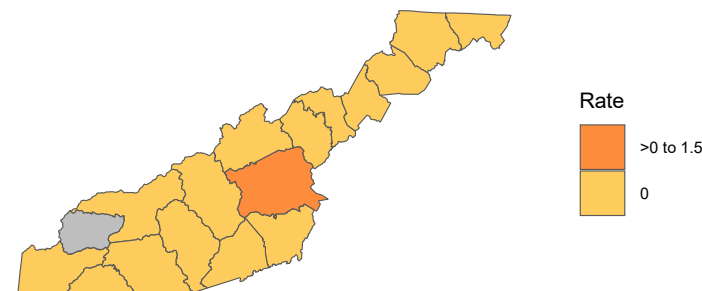
## Mountains (Region 8) Key Messages

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

### This reporting period (September 20-30, 2026):

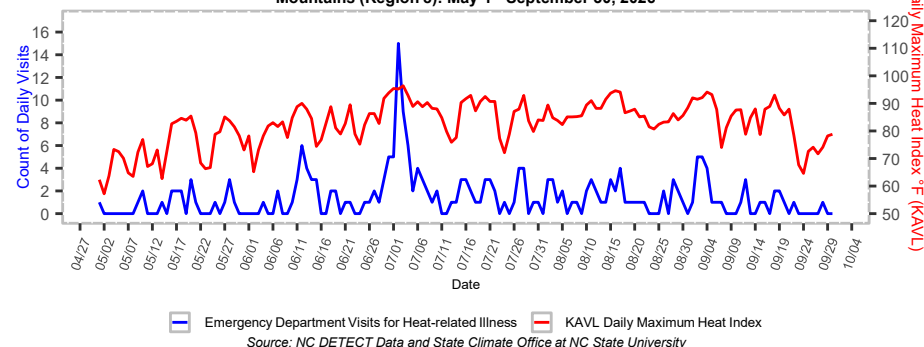
- There were **3 HRI ED visits** (0.03% of total ED visits), with a rate of **0.4 per 100,000 population**
- The rate was highest among **females aged 25-44 years, males aged 25-44 years, and males aged 45-64 years (1.1 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Buncombe County (0.4 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 2; 100%)** (Table 1)
- The maximum daily heat index ranged from **64.6 to 87.9°F** at Asheville Regional Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **10 days**.

Figure 2. 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 - September 30, 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)

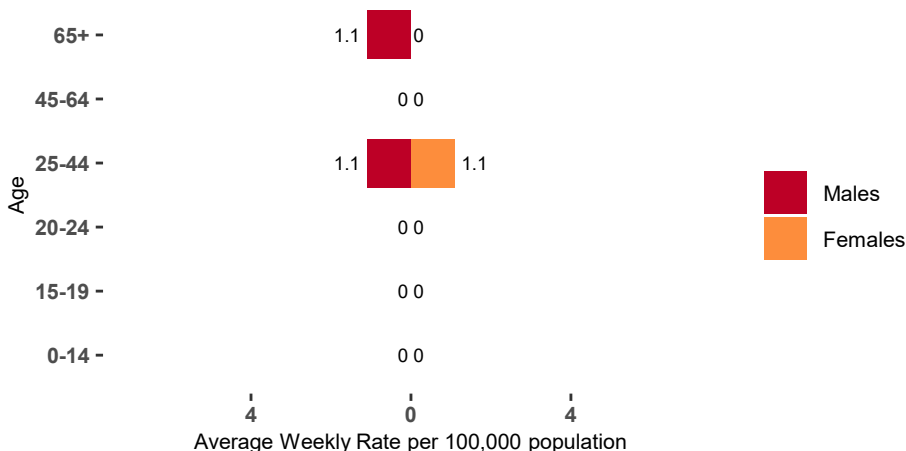


Table 1. Heat-related illness ED visits by Severity

| Severity <sup>§</sup>       | Number (N=2 <sup>†</sup> ) | Percent <sup>†</sup> |
|-----------------------------|----------------------------|----------------------|
| Heat Stroke                 | 0                          | 0.0                  |
| Heat Exhaustion             | 2                          | 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>

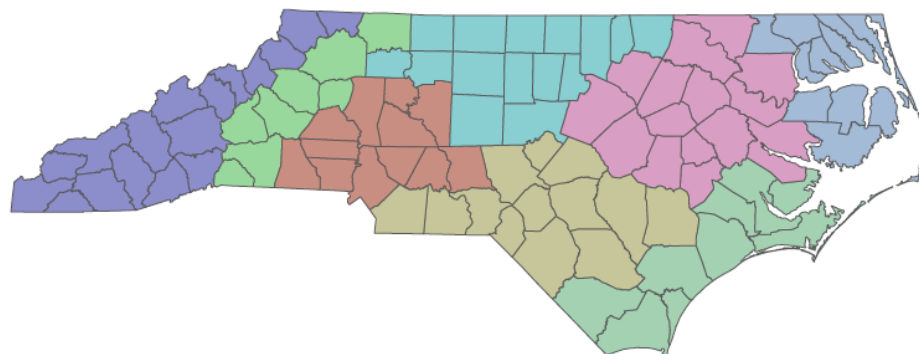
<sup>||</sup> other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

<sup>‡</sup> Missing severity data = 1

<sup>†</sup> 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).

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).

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>