

HAMPTON VA

NEWS RELEASE

For immediate release

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Heat index expected to hit 101 Tuesday

July 8, 2014 - The National Weather Service in Wakefield has indicated that we will experience a high heat index of 101 today. Tomorrow should be a little bit cooler with a heat index of 97 for the day. The heat index combines air temperature and humidity to determine how hot it “feels.”

Hampton’s Emergency Management Office said city libraries and community centers are open to citizens to get out of the heat if needed, and there is water available at all the facilities. The city is prepared to open a dedicated cooling site if necessary, and H.E.L.P., Inc. has its Day Center at 329 Buckroe Ave. open as a heat respite site.

As we head into summer, Emergency Management said it is always important to remember the following tips from the Virginia Department of Health when spending an extended period of time outside:

- Schedule or reschedule activities and outdoor work during the coolest parts of the day. In the summer, sunlight exposure is greatest between 10 a.m. and 4 p.m.
- Keep cool in an air-conditioned area. Take a cool shower or a bath. Consider a trip to the mall or a local library or visit a friend with air conditioning. Spending at least two hours per day in air conditioning significantly reduces the risk of heat-related illnesses. When temperatures reach the upper 90s or above, a fan may not prevent heat-related illness.
- Drink plenty of fluids (2-4 glasses of cool fluids each hour.) To replace salt and minerals lost from sweating, drink fruit juice or a sports beverage during exercise or when you have to work outside. However, talk to your doctor first if you’re on a fluid-restricted diet or medications, or on a low-salt diet.
- Avoid sunburn and wear light clothing. Sunburn limits your body’s ability to keep itself cool and causes loss of body fluids. Use sunscreen with a high SPF. Lighter-weight clothing that is loose fitting and light colored is more comfortable during extreme temperatures. Use a hat to keep the head cool.
- Give your body a break, because the heat can be stressful on your body. Limit physical activity until your body adjusts to the heat.
- Never leave children or pets in cars. Temperatures inside a car can reach more than 150 degrees quickly, resulting in heat stroke and death

- Use the “buddy system.” If you’re working outside and suffer a heat-related illness, you could become confused or lose consciousness. Therefore, make sure someone else knows of you plans.

For more information about heat-related illnesses, visit the Virginia Department of Health’s website at <http://www.vdh.virginia.gov/Weather/ExtremeHeat.htm> and <http://www.vdh.virginia.gov/OEP/ExtremeHeat/>.

The Office of Emergency Management will continue to monitor the heat and will provide updates as warranted.

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