

# HAMPTON VA

## NEWS RELEASE

For immediate release

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## Residents urged to be careful in the heat

July 14, 2016 - The National Weather Service in Wakefield has issued a heat advisory today from noon-8 p.m. Residents are reminded that Hampton's libraries and community centers are open for all citizens who want to get out of the heat, with water available at each facility. In addition:

- The H.E.L.P. Day Center has opened a cooling center at First United Methodist Church, 110 East Queen St., from 11 a.m.-6 p.m. for those seeking respite from the heat.
- Water has been placed at each lifeguard station on Hampton beaches, and lifeguards are trained to deal with emergency situations.
- Members of the city's CERT Corps - residents with Community Emergency Response Team training - have been asked to check on friends, family and neighbors to make sure they are ok.

A heat advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. Temperatures this afternoon are forecast to be between 94-97 degrees, with a heat index of 105-107 degrees. Temperatures are expected to drop after 8 p.m.

Residents are encouraged to take the necessary precautions throughout the day as temperatures rise. Here are some tips from the Virginia Department of Health:

- 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 as the heat wave 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. If you're working outside and suffer a heat-related illness, you could become confused or could 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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