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PRESS RELEASE

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TIPS FOR DEALING WITH HOT WEATHER

(LIMA, OH) – “The very young and the elderly are most at risk in this extreme heat” explains county EMA director Russ Decker. And that’s why the Allen County Emergency Management Agency in conjunction with the National Weather Service and the Ohio Department of Public Safety are issuing some “Heat Awareness Safety Tips” for persons in Ohio this summer.

WHAT TO LOOK FOR: The National Weather Service can issue *heat advisories* and *excessive heat warnings*. **Heat Advisory** is issued when the Heat Index (a combination of high temperatures and relative humidity) is expected to be at least 105 degrees for 3 or more hours. **Excessive Heat Warning** is issued when the Heat Index is expected to be at least 115 degrees for 3 or more hours.

HOW TO PREVENT HEAT DISORDERS:

- Drink plenty of water, even before you feel thirsty
- Slow down – reduce, reschedule or eliminate strenuous activity
- Dress for the heat – wear lightweight, light-colored clothing
- Plan you activities to avoid the sun during the heat of the day (10A-5P)

HOW TO RECOGNIZE OF DISORDER: Heat Exhaustion symptoms include heavy sweating, weakness, cold and/or pale clammy skin. *First Aid for Heat Exhaustion* includes removing the victim from the outdoor sunlight immediately, lay the victim down and loosen clothing, apply cool wet cloths, give small sips of water unless nausea occurs. (If nausea occurs, call for medical assistance).

Heat Stroke symptoms include hot and/or dry skin, a rapid and strong pulse, possible unconsciousness. ***Heat Stroke is life threatening!*** *First Aid for Heat Stroke* includes moving the victim to a cooler environment, DO NOT give fluids, **SUMMON MEDICAL ASSISTANCE IMMEDIATELY.**

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