

HAMPTON VA

NEWS RELEASE

For immediate release

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Heat advisory continues into 5th day

July 27, 2016 - Residents are encouraged to be careful and to stay safe during the extended hot weather. City libraries and community centers are open for everyone who wants to get out of the heat, and water is available at each facility.

The heat advisory, first issued July 24 by the National Weather Service and now continuing through July 28, means that a period of extended hot temperatures is expected, with temperatures in the high 90s. Based on the heat index, it will feel like temperatures are between 105-109 degrees. The combination of hot weather and high humidity will combine to create a situation in which heat illnesses are possible.

The advisories have covered the time period from noon to 8 p.m. each day.

The Office of Emergency Management encourages residents to take extra precautions, especially if you work or spend time outside:

- When possible reschedule strenuous activities to early morning or evening.
- To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air-conditioned environments.
- 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.
- Wear lightweight and loose-fitting clothing when possible and drink plenty of water.
- Know the signs and symptoms of heat exhaustion and heat stroke.
- 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
- Never leave children or pets in cars. Temperatures inside a car can reach more than 150 degrees quickly, resulting in heat stroke and death.

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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