

HAMPTON VA

NEWS RELEASE

For immediate release

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Residents, visitors urged to be careful as heat wave sweeps over region

June 15, 2015 - The National Weather Service in Wakefield said Hampton will experience a high heat index between 100-104 degrees today and 100-105 degrees tomorrow. A combination of air temperature and relative humidity, the heat index is used to determine how hot it feels.

Hampton's libraries and community centers will be open Monday to help citizens cool off, with water available at all locations. Hui-Shan Walker, Hampton's emergency management coordinator, said the city is prepared to open a dedicated cooling site if needed.

The HELP Day Center, 329 Buckroe Ave, will be open Monday from 9 a.m.-3 p.m. for those seeking respite from the heat. And Hampton Baptist Church planned to serve a bag lunch/drinks - in partnership with First Presbyterian Church – Monday at 514 South Armistead Ave. HELP's mobile unit planned to make a run downtown Monday evening to pass out water if necessary.

Residents and visitors are encouraged to take precautions as temperatures rise this week and throughout the summer. Here are some tips from the Virginia Department of Health for anyone who spends 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 can be stressful on your body. Limit physical activity until your body adjusts.

- Never leave children or pets in cars or trucks. Temperatures inside a vehicle 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 needed.

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