

## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

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July 17, 2019



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### **SUFFOLK FIRE & RESCUE ADVISE CAUTION IN DEALING WITH EXTREME HEAT**

SUFFOLK, VA (July 17, 2019 ) The Suffolk Department of Emergency Management advises that the National Weather Service has issued a Hazardous Weather Outlook for Southeast Virginia to include the City of Suffolk. Scattered showers and thunderstorms are possible across the local area after 4 p.m. this afternoon. Locally heavy rain, frequent lightning and gusty winds are the primary hazards.

Hot and humid weather is expected to continue late in the week through the upcoming weekend. Heat indices from 105 to 110 degrees are possible. A Heat Advisory remains in effect from 11 a.m. to 8 p.m. Heat index values are expected to reach 107 degrees today.

The Suffolk Fire & Rescue Department advises that prolonged exposure or any strenuous activity may lead to heat-related illnesses that require immediate medical attention. As a result, citizens are encouraged to follow these tips to deal with the heat:

- Drink plenty of fluids, stay in an air conditioned environment, or stay in the shade, if possible.
- Take extra precautions if you work or spend time outside. When possible, reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear light weight and loose fitting clothing when possible and drink plenty of water.
- To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shade or air conditioned environment. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency; call 911 if suspected.

The lobby at the Suffolk Health & Human Services Building located at 135 Hall Avenue will be open as a cooling shelter during regular business hours. Additionally, residents are encouraged to utilize the lobby at Suffolk City Hall, 442 West Washington Street, or the (3) Suffolk Public Library locations:

**Morgan Memorial**

443 West Washington Street

**North Suffolk**

2000 Bennetts Creek Park Road

**Chuckatuck**

5881 Godwin Boulevard

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