

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

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SUFFOLK FIRE & RESCUE ADVISE CAUTION IN DEALING WITH EXTREME HEAT

SUFFOLK, VA (July 17, 2020) The Suffolk Fire & Rescue Office of Emergency Management advises that the National Weather Service has issued a Hazardous Weather Outlook for Southeast Virginia to include the City of Suffolk. Increasing heat and humidity levels are expected this weekend through the middle of next week. Heat indices of 100 to 105 will be common Saturday and Sunday, and will peak between 105 and 109 degrees Monday through Wednesday.

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.

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