

NEWS RELEASE

FOR IMMEDIATE RELEASE

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SUFFOLK FIRE & RESCUE ADVISE CAUTION IN DEALING WITH EXTREME HEAT

SUFFOLK, VA (July 12, 2017) The National Weather Service has issued a heat advisory for Southeastern Virginia including the City of Suffolk from 12 p.m. to 8 p.m. today, Wednesday, July 12th. Heat index values are expected to rise to the 105 degree mark this afternoon through early evening.

The Suffolk Fire & Rescue Departments 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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