

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

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SUFFOLK FIRE & RESCUE ADVISE CAUTION IN DEALING WITH EXTREME HEAT

SUFFOLK, VA (June 18, 2018) 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. Hot weather is expected this week with heat index values reaching 100 to 104 degrees today. Heat index values may reach 105 degrees in some areas Tuesday. A heat advisory may be needed for some areas on Tuesday. Heat index values will reach 100 to 105 degrees 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.

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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