

HEAT EMERGENCY ALERT



EXTREME TEMPERATURES ARE EXPECTED

A Cooling Center has been established in the Recreation Center at 220 Neptune Drive for those seeking shelter from extreme temperatures.

The Cooling Center is open Thursday, August 4th- Sunday, August 7th from 8am-8pm.

Stay Cool

- Stay in air conditioned buildings
- Avoid going outside during the hottest part of the day
- Wear lightweight, light-colored clothing
- Check on those who are most at risk, including seniors, children, people with medical conditions, and pets

Stay Hydrated

- Drink more water than usual
- Don't wait until you are thirsty to drink fluids
- Drink 2-4 cups of water per hour while working or exercising outdoors
- Avoid alcohol or liquids containing high amounts of sugar

Know the Signs

Heat Exhaustion:

- Heavy Sweating
- Weakness

-Cold, Pale, Clammy Skin

- Fast, Weak Pulse
- Nausea or Vomiting
- Fainting

Heat Stroke:

- High Body Temperature
- Red, Hot, Dry Skin
- Rapid Pulse
- Changes in level of consciousness