



# NEWS

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**FOR IMMEDIATE RELEASE: July 15, 2013**

## **“Code Red” Hot Weather Heat Warning**

**Norristown, PA (July 15, 2013)** – Based upon the forecast from the National Weather Service, the Montgomery County Department of Public Safety is issuing a “Code Red” Hot Weather Health Warning for Montgomery County. **The Code Red will be in effect from Monday, July 15, 2013 through Saturday, July 20, 2013. The hours shall be from 12:00pm through 8:00pm each of those days,** since that is when the heat index is expected to be at or above 100 degrees Fahrenheit.

A Hot Weather Health Warning is issued in anticipation of an oppressively hot air mass with a heat index of 100° F or greater.

Such conditions have been associated with excess mortality, and residents should take precautions to prevent heat-related stress and exhaustion.

Those especially at risk are very young children, elderly adults, and people with chronic medical conditions and/or taking certain medications.

Friends, relatives, or neighbors should check on people who may be at risk.

Here are some helpful tips on how to alleviate the effects of the hot weather:

- Drink plenty of non-alcoholic, non-caffeinated fluids.
- Wear lightweight, light-colored, loose-fitting clothing.
- If at all possible, try to get outdoor work completed during the morning to avoid the warmest part of the day.
- Keep cool by seeking an air-conditioned building if available, if not, seek rest in the shade. □

For general Hot Weather and Heat Exhaustion/Stroke information check the Centers for Disease Control and Prevention website: <http://www.bt.cdc.gov/disasters/extremeheat/index.asp>.



The Montgomery County Health Department distributes hot weather educational materials to Montgomery County residents upon request. The Office of Aging and Adult Services maintains a list of weather-sensitive older residents on whom they check in heat emergencies.

Most of the Senior Adult Activity Centers (SAACs) are air-conditioned, as are malls and libraries. The Montgomery County Human Services Center at Fornance and DeKalb Streets in Norristown will also be a cooling site during a Code Red Heat Emergency for residents who cannot access other sites.

During the day, homeless residents can escape the heat at the Coordinated Homeless Outreach Center (CHOC) on the Norristown State Hospital grounds (610-292-9244), at the Norristown Ministry's Hospitality Center (610-277-1321) during their hours of operation, at the Norristown office of the Salvation Army (610-275-4183), or at the Pottstown office of the Salvation Army (610-326-1621).