



# NEWS

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**FOR IMMEDIATE RELEASE: July 2, 2014**

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

**Norristown, PA (July 2, 2014)** – The Montgomery County Commissioners, on the advice of the Montgomery County Department of Public Safety, have declared a Code Red Hot Weather Health Warning for Montgomery County based on a review of forecasts from the National Weather Service.

The Code Red has been issued for Montgomery County for Wednesday, July 2, 2014 from 12:00pm to 8:00pm.

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.