



# NEWS

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**FOR IMMEDIATE RELEASE: August 20, 2019**



### “Code Red” Hot Weather Health Warning

**Norristown, PA (August 20, 2019)** – The Montgomery County Commissioners, on the advice of the Montgomery County Department of Public Safety, have extended the current Code Red Hot Weather Health Warning based on a review of forecasts from the National Weather Service.

The Code Red set to expire tonight has been extended to Thursday, August 22, 2019.

Code Red Hot Weather Health Warnings are issued in anticipation of an oppressively hot air mass with a heat index of 100°F or greater. Heat index values will at or above 100 between noon and 6 p.m. each of those days. Such conditions can be deadly 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 who take 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 windows and interior doors open when running a fan at home.
- Keep cool by seeking an air-conditioned building if available, if not, seek rest in the shade. □
- Most of the Senior Adult Activity Centers (SAACs) are air-conditioned, as are malls and libraries.

For general hot weather information, check the Montgomery County Office of Public Health webpage at <http://montcopa.org/573/Extreme-Weather---Heat>. The Montgomery County Office of Public Health distributes hot weather educational materials to Montgomery County residents upon request. The Montgomery County Office of Senior Services maintains a list of weather-sensitive older residents on whom they check in heat emergencies.