

# HAMPTON VA

## NEWS RELEASE

For immediate release

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## Cooler but still hot today, so stay safe

**June 19, 2014** - The National Weather Service in Wakefield has indicated that we will experience a high heat index of 100 today. Yesterday our heat index was 102, so it will be cooler, but still hot.

Forecasters said the area will see thunderstorms after 5 p.m. this evening, which should bring the temperature down for the next several days.

Hampton's Emergency Management Office advises residents that city libraries and community centers are open to citizens to get out of the heat if needed. And there is water available at all of these facilities. The city is prepared to open a dedicated cooling site if it is needed, and H.E.L.P., Inc. now has its Day Center at 329 Buckroe Ave. open as a heat respite site.

If you are spending anytime outside today please review the following tips from the Virginia Department of Health for staying safe in hot weather:

- Schedule or reschedule activities and outdoor work during the coolest parts of the day. In the summer, sunlight exposure is greatest between 10 a.m. and 4 p.m.
- Keep cool in an air-conditioned area. Take a cool shower or a bath. Consider a trip to the mall or a local library or visit a friend with air conditioning. Spending at least two hours per day in air conditioning significantly reduces the risk of heat-related illnesses. When temperatures reach the upper 90s or above, a fan may not prevent heat-related illness.
- Drink plenty of fluids (2-4 glasses of cool fluids each hour.) To replace salt and minerals lost from sweating, drink fruit juice or a sports beverage during exercise or when you have to work outside. However, talk to your doctor first if you're on a fluid-restricted diet or medications, or on a low-salt diet.
- Avoid sunburn and wear light clothing. Sunburn limits your body's ability to keep itself cool and causes loss of body fluids. Use sunscreen with a high SPF. Lighter-weight clothing that is loose fitting and light colored is more comfortable during extreme temperatures. Use a hat to keep the head cool.
- Give your body a break. The heat wave can be stressful on your body. Limit physical activity until your body adjusts to the heat.
- Never leave children or pets in cars. Temperatures inside a car can reach more than 150 degrees quickly, resulting in heat stroke and death

- Use the “buddy system” if you’re working outside. If you’re working outside and suffer a heat-related illness, you could become confused or could lose consciousness. Therefore, make sure someone else knows of you plans.

For more information about heat-related illnesses, visit the Virginia Department of Health’s websites for information about heat [illness](#) or [tips](#) for beating the heat.

The Office of Emergency Management will continue to monitor the heat and provide updates as warranted.

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