



NEWS RELEASE

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HEAT ADVISORY

During the next few days Connecticut will experience dangerous heat and humidity conditions. Because of this, the Greenwich Department of Health notes that heat-related illnesses are of special concern. All residents, especially persons who are young, elderly or have medical conditions, are encouraged to pay special attention.

Staying healthy during a heat wave is important. Therefore, these common-sense practices should be followed:

- Keep children and pets inside, except for brief stays outdoors. Always avoid direct sunlight exposure
- If you don't have to go out, stay indoors. Spend time in air-conditioning if possible
- Avoid strenuous activities as much as possible. Early morning and evening hours are best if you must exercise
- Drink plenty of fluids regardless of your activity. Avoid drinks with caffeine, alcohol or those with large amounts of sugar and salt. Those who are on a restricted fluid intake should check with their physician
- Wear lightweight, light colored and loose fitting clothing
- Never leave any person or pet in a parked vehicle
- Don't leave food items in the car or outdoors – food spoils quickly
- Take a cool shower, bath or move into an air conditioned space to cool off
- Rest often in shady areas, especially if you are working outdoors
- Wear sunglasses and apply sunscreen with UV protection of 15 or higher. Always follow the manufacturer's directions.
- Visit or regularly check on:

- ✓ infants and young children
- ✓ people over age 65
- ✓ those who have a medical condition or mental illness

Knowing the signs and symptoms of a heat-related illness could save your life:

- ◆ **Heat stroke** – this is a very serious and life-threatening condition. The skin becomes hot and dry. Your body temperature will rise and you will experience breathing problems. You may become confused and have a rapid pulse. Call immediately for emergency medical treatment by dialing 9-1-1. If possible, move into a cool or air-conditioned area immediately
- ◆ **Heat exhaustion** – you will begin to sweat heavily. Your skin will become pale and clammy to the touch. You will be weak and may feel dizzy. Move into a cool area, sponge down with cool water and take sips of water every 15 minutes until you feel better.
- ◆ **Heat cramps** – you will begin to sweat heavily with painful spasms in the legs or abdomen. Move out of the heat into a cool area and gently massage the muscle. Take sips of water every 15 minutes until you feel better.

Spending a few hours in an air-conditioned location can help your body stay cooler. If you don't have air-conditioning you should try to:

- Spend some time with a friend or family member who does
- Visit the Greenwich Senior Center on Greenwich Avenue during the hours of 9:00 AM to 3:00 PM, Monday through Friday
- Visit Greenwich libraries
 - * Main Library
 - * Byram Shubert Library
 - * Cos Cob Library
 - * Perrot Memorial Library
- Visit the Stamford Town Center Shopping Mall
- Go to the movies

Residents who need additional information are encouraged to contact the Department of Health by calling 622-7838.