



# NEWS

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### “Code Red” Hot Weather Health Warning

**Norristown, PA (June 29, 2018)** – 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 from noon on Saturday, June 30 to 10 p.m. on Tuesday, July 3, 2018.

A Code Red 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 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 and heat exhaustion/stroke information, check the Centers for Disease Control and Prevention website at: <https://emergency.cdc.gov/disasters/extremeheat/> or the Montgomery County Health Department webpage at: [www.montcopa.org/codered](http://www.montcopa.org/codered).



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