



For Immediate Release

June 13, 2017

Contact: Sergeant Rachel C. Hammer  
Public Information Officer  
(540) 434-2314  
hpd-pio@harrisonburgva.gov

## HPD Provides Tips for High Temperatures

Harrisonburg, VA – Extreme heat and high humidity can be dangerous to anyone, but particularly to the elderly, infants and young children, persons with disabilities, and people on medication for chronic health problems. As temperatures are predicted in the 90s this week, here are some common sense tips for handling the heat:

### Tips for Handling the Heat

- Stay indoors and in air-conditioning as much as possible.
- Use blinds or shades to block sunlight coming through windows that receive morning or afternoon sun.
- Increase the amount of water and natural juices you drink regardless of your activity level; avoid beverages that contain alcohol, caffeine, and lots of sugar.
- Wear lightweight, loose-fitting, clothing.
- Eat light, cool, easy-to-digest foods, such as fruit or salads.
- Check on family members, friends, and neighbors.
- If you or anyone you know needs emergency medical attention, call 9-1-1.

-MORE-



**PRESS RELEASE: HPD PROVIDES TIPS FOR HIGH TEMPERATURES**

**PAGE 2**

**If You Go Outside in the Heat...**

- Plan strenuous activities for early or late in the day, when temperatures are cooler.
- During heavy exercise, drink two or four glasses (16-32 ounces) of cool fluid each hour.
- Take frequent breaks when working outdoors.
- Wear a wide-brimmed hat and sunscreen with a sun protection factor (SPF) of 15 or higher.
- At the first sign of heat illness (dizziness, weakness, headaches, nausea, muscle cramps), move to a cooler location, rest for a few minutes, and slowly drink a cool beverage.
- Seek medical attention immediately if you do not feel better.

**Do Not Leave Children in Cars**

- Even in cool temperatures, cars can heat up to dangerous temperatures very quickly.
- With the windows cracked open, interior temperatures can rise almost 20° F in the first 10 minutes.
- Anyone left inside is at risk for serious heat-related illnesses or even death. Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death. When traveling with children, remember to do the following:
  - Never leave infants or children in a parked car, even if the windows are open.
  - When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.
  - To prevent children from playing in unattended vehicles, always lock your vehicle doors and trunk, and keep keys out of the reach of children.

**Keeping Your Pets Cool**

- Any animal can suffer from the heat, particularly very young or very old animals, short nosed breeds of dogs (e.g. pugs, bulldogs), heavy coated cats and dogs, and pets who are overweight or have a medical condition.
- Do not leave pets in vehicles, even if the windows are cracked open.
- Provide water and shelter from the sun at all times.

The Harrisonburg Police Department wishes the community a safe summer! Additional information is available at [www.HarrisonburgVA.gov/police](http://www.HarrisonburgVA.gov/police).