

Google Groups

Fwd: Extreme Heat and Humidity Through Tomorrow. A Precautionary Statement from the Department of Emergency Response

Carissa Parlato <clerk@ulysses.ny.us>

Jul 19, 2019 10:24 AM

Posted in group: **town-of-Ulysses**

Greetings,
See heat safety tips below from Tompkins County Emergency Response.

----- Forwarded message -----

From: **Marcia Lynch** <mlynch@tompkins-co.org>

Date: Fri, Jul 19, 2019 at 10:16 AM

Subject: Extreme Heat and Humidity Through Tomorrow. A Precautionary Statement from the Department of Emergency Response

To: Marcia Lynch <mlynch@tompkins-co.org>



TOMPKINS COUNTY DEPARTMENT OF EMERGENCY RESPONSE

92 Brown Road

Ithaca, New York 14850

Coordination of Fire, Disaster and Emergency Medical Services

Enhanced 911 and Public Safety Communication

607-257-3888

FAX: 607-266-8035

FOR IMMEDIATE RELEASE

Friday July 19, 2019

Our area is expecting high temperatures and high humidity throughout the day today and tomorrow, July 20,

with temperatures potentially reaching 100 degrees and a heat index of over 105 degrees.

We are urging all residents – especially those who are at high risk for health problems – to stay indoors as much as possible and limit activity and sun exposure.

- Drink plenty of water – 2 to 4 glasses per hour
- Limit strenuous outdoor activities during the hottest part of the day (between 11 a.m. and 4 p.m.)
- Go to air-conditioned public spaces such as a mall, library, movie theater, or community center
- Prevent sunburn by applying sunscreen if you must be outside (SPF 15 or higher)
- Wear loose, lightweight and light-colored clothing
- Avoid alcohol, caffeine and sugary drinks that cause dehydration
- Take a cool shower or go swimming
- Wear a ventilated hat, such as straw or mesh
- Never leave children or pets alone in vehicles
- Use caution with electric fans; they create air flow and a sense of comfort, but do not lower body temperature.
- Protect your pets, keep them inside with air conditioning or fans and make sure they have plenty of water.
- Prepare for temporary power outages ahead of time by assembling essential supplies such as flashlights, batteries, bottled water and food.

Know the signs and symptoms of heat related illnesses:

Heat stroke is most serious. Signs and symptoms include an extremely high body temperature above 103 degrees; hot, dry, red skin; rapid pulse; loss of alertness; confusion; rapid and shallow breathing and unconsciousness. Call 911 immediately and cool the person quickly.

Heat exhaustion is a milder form of heat related illness and is characterized by heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea and vomiting, cool clammy skin, fainting. Move the person to a cool place, loosen clothes and apply cool, wet cloths.

If you see someone showing these symptoms, move the person to a cool place, loosen their clothes and apply cool, wet cloths.

Additional links:

- For general information: tompkinscountyny.gov/health/summer/heat.
- TompkinsReady: tompkinscountyny.gov/tompkinsready
- National Weather Service heat safety tips: weather.gov/safety
- Red Cross heat safety tips: RedCross.org: How to prepare for emergencies.
- National Weather Service Ithaca forecast page: weather.gov/bgm

Visit the Department of Emergency Response online, tompkinscountyny.gov/doer. Follow us on Facebook @tcemergencyresponse and Twitter @TompkinsDoER.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<p style="text-align: center; margin: 0;">CALL 9-1-1</p> <ul style="list-style-type: none"> • Move person to cooler place • Cool using cool cloths or bath • Do not give anything to drink
@NWSSacramento weather.gov/Sacramento		@SacramentoOES SacramentoReady.org

-end-

Marcia E. Lynch

Public Information Officer

Tompkins County

Department of County Administration

125 E. Court Street

Ithaca, NY 14850

Tel: 607-274-5555/Fax: 607-274-5558

www.TompkinsCountyNY.gov

Tompkins County values *Inclusion Through Diversity*.

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Best,

[Carissa Parlato, CMC \(Certified Municipal Clerk\), RMC \(Registered Municipal Clerk\)](#)

Ulysses Town Clerk, Tax Collector, Records Manager, Notary Public

Office hours: 8am-4pm, M-F

(After hours by appt.)

10 Elm St.

Trumansburg NY 14886

P. (607)387-5767, ext. 221

ulysses.ny.us

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