



News Release

For immediate release

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Dangerous heat expected through the weekend

Heat index will reach well over 100 degrees Saturday and Sunday

(Fredericksburg, VA) July 19, 2019 – Dangerous heat is expected through the weekend. Heat Advisories and Excessive Heat Warnings are in effect for portions of the area. The heat index will reach well over 100 degrees, and possibly over 110 degrees in some locations, through the weekend.

The City of Fredericksburg's Emergency Services reminds people to take precautions during this weekend's extremely hot weather. We are closely monitoring the forecast and preparing for extreme heat expected to impact the Commonwealth all weekend. Residents are advised to monitor local radio and television (including NOAA Weather Radio), internet and social media for information and updates. Consider seeking publicly available cooling opportunities, such as shopping centers and restaurants.

City Swimming Pool: City residents seeking to remain cool at Doris E. Buffett Swimming Pool this weekend receive free admission by showing proof of City of Fredericksburg residency. Guests and non-residents are welcome and will be charged daily admission fees. Pool hours are 11:30am - 7:00pm Saturday and Sunday. The pool is located in Dixon Park, 1300 Dixon Street. More information is available online www.fredparksrec.com or by calling (540) 310-0665.

Water Conservation: Although no mandatory water conservation restrictions are currently in place, residents and businesses are encouraged to reduce non-essential usage of water during the heat wave to help conserve water for human consumption purposes. Activities such as car washing, exterior house cleaning, and irrigation should be limited to help minimize impacts upon the City's drinking water system.

Outdoor water fountains: Outdoor drinking water fountains can be found at the following locations:

- VCR trailhead at Essex Street
- Canal trail at the City dog park
- Hurkamp Park, next to the restrooms
- Maury playground

- Alum Springs Park

Indoor water fountains are available at the Rappahannock Regional Library and other public buildings.

How to Respond to Excessive Heat Events

- Slow down: reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- Children's body temperatures can heat up three to five times faster than adults. Check on older, sick, or frail people who may need help responding to the heat. Each year, dozens of children and untold numbers of pets left in parked vehicles die from hyperthermia.
- Eat light, cool, easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Don't leave it sitting in the sun. Meats and dairy products can spoil quickly in hot weather.
- Drink plenty of water (not very cold), non-alcoholic and decaffeinated fluids, even if you don't feel thirsty. If you are on a fluid restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
- Use air conditioners or spend time in air-conditioned locations such as malls and libraries.
- Use portable electric fans to exhaust hot air from rooms or draw in cooler air.
- Do not direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°F. The dry blowing air will dehydrate you faster, endangering your health.
- Minimize direct exposure to the sun. Sunburn reduces your body's ability to dissipate heat.
- Take a cool bath or shower.
- Do not take salt tablets unless specified by a physician.
- Make sure rooms are well vented if you are using volatile chemicals.
- For more heat health tips, go to the Centers for Disease Control and Prevention at www.cdc.gov/disasters/extremeheat

Be aware of symptoms for heat exhaustion and heat stroke

What to look for in heat exhaustion:

- Heavy sweating
- Weakness.
- Cool, pale, clammy skin
- Fast, weak pulse
- Possible muscle cramps
- Dizziness, nausea or vomiting
- Fainting (passing out)

First aid for heat exhaustion:

Move person to a cooler environment; Lay person down and loosen clothing; Apply cool, wet cloths to as much of the body as possible; Fan or move victim to air conditioned room; Offer sips of water; and if person vomits more than once, seek immediate medical attention.

What to look for in heat stroke:

- High Body temperature (103 or higher)
- Hot, red, dry or damp skin

- Fast, strong pulse
- Headache
- Dizziness, Nausea
- Confusion / Losing Consciousness (passing out)

First aid for heat stroke:

Call 911 right away – heat stroke is a medical emergency. Move the person to a cooler place. Help lower the person’s temperature with cool cloths or a cool bath. Do not give the person anything to drink. See more at www.weather.gov/safety/heat-illness

For more information about heat safety please visit the National Weather Service website at www.weather.gov/safety/heat. For concerns about your health or someone else’s during excessive heat, contact your healthcare provider, the Fredericksburg Police Non-Emergency Line at 540-373-3122 or in case of emergency please dial 911.

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