Norristown, PA (June 29, 2012) – The Montgomery County Commissioners today, based on the recommendation of the county health department and a review of forecasts from the National Weather Service, issued a Hot Weather Health Warning or “Code Red” for Montgomery County beginning at 12 noon Friday, June 29, 2012 and ending 8 pm, Friday, June 29, 2012 unless extended by the commissioners.

A 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 water and wear light weight, light colored, and loose fitted clothing.
- If at all possible, try to get outdoor work completed during the morning to avoid the warmest part of the day.
- Keep cool by seeking an air conditioned building if available, or seek rest in the shade.


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

Most of the Senior Adult Activity Centers (SAACs) are air-conditioned, as are malls and libraries. The Montgomery
County Human Services Center at Fornance and DeKalb Streets in Norristown will also be a cooling site during a Code Red Heat Emergency for residents who cannot access other sites. During the day, homeless residents can escape the heat at the Coordinated Homeless Outreach Center (CHOC) on the Norristown State Hospital grounds (610-292-9244) or the Norristown office of the Salvation Army (610-275-4183). The Pottstown office of the Salvation Army will have water available for homeless residents.

The safety of outdoor workers is a special concern during heat emergencies. Landscaping, roofing, highway, and construction crews, for example, need frequent breaks for hydration (water) and shade.

A link to heat-related information is attached: [http://www.cdc.gov/niosh/hotenvt.html](http://www.cdc.gov/niosh/hotenvt.html).