“Code Red” Hot Weather Heat Warning

Norristown, PA (July 26, 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 Thursday, July 26, 2012 and ending 8 pm, Thursday, July 26, 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.

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