

CITY OF ALBANY



OFFICE OF THE MAYOR

Gerald D. Jennings
MAYOR

Philip F. Calderone
DEPUTY MAYOR

PRESS RELEASE

FOR IMMEDIATE RELEASE
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Contact: Chief Robert Forezzi, Sr.
518.447.7877
518.447.7879

Mayor Jennings Outlines Heat Emergency Guidelines

Mayor Jerry Jennings reminds residents of the dangers associated with the recent heat wave we are experiencing and encourages all citizens to follow the guidelines listed below:

- Heat Stress Index - Outside temperatures in the 90's produce heat stress levels which can be dangerous with even low levels of relative humidity. Increased relative humidity, strenuous activity, exposure to direct sunlight, and lack of a cooling breeze are some additional factors contributing to dangerous heat stress index levels.
- Stay hydrated - drink plenty of fluids avoiding caffeine or alcohol - water or diluted sports drinks are best.
- Avoid exposure to direct sunlight - wear protective head gear and stay in the shade, particularly during the hottest period of the day when the sun is directly overhead.
- If you must work outside remember to reduce the intensity of your physical activity, take frequent breaks, seek out some shade, and DRINK FLUIDS !
- Certain segments of the population are at a greater risk during extended periods of heat and humidity. Children, senior citizens, and people with underlying medical conditions should avoid prolonged exposure and stay inside with fans or air conditioning, if possible.

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- Muscle cramps, nausea, fatigue, dizziness, headache, hot dry skin, red face are all indications that heat stress level has become serious. Should any of these symptoms appear, seek shade, air conditioning or fans, and cool fluids at once.
- **NEVER LEAVE CHILDREN OR PETS IN A CLOSED CAR. TEMPERATURES CAN QUICKLY CLIMB TO DANGEROUSLY HIGH LEVELS!**
- Early warning signs for heat stroke/heat exhaustion: Moist, pale, normal to cool skin, fatigue. Loosen clothing, move to a cool environment, push fluids.
- Cramping. Nausea or vomiting indicate a more serious level of heat stress and may require medical care to replace lost fluids.
- Hot dry, flushed skin, high temperature, are all signs of serious heat stroke, often referred to as heat stroke, and require aggressive cooling and prompt medical attention!

Mayor Jennings stated “I encourage everyone to pay attention to these guidelines and to look out for your neighbors. Anyone needing medical assistance should call 911.”

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