



Contact: Wendy G. Lionetti, Town of Ridgefield
(203) 431-2774
Gerri Lewis, CERT Volunteer
(203) 431-9577

FOR IMMEDIATE RELEASE

EXCESSIVE HEAT WARNING

RIDGEFIELD, CT, AUGUST 12, 2016—As we receive notice from the National Weather Service of excessive heat in the forecast, First Selectman Rudy Marconi would like to remind residents to plan and be aware. Temperatures are expected to be in the mid-90s, with the heat index value at approximately 105 degrees during the day on both Saturday and Sunday, until 10 pm on Sunday night. The combination of heat and humidity will increase the risk for heat-related health issues, especially in the elderly, the young, and those with chronic health sensitivities. To avoid heat-related injury, remember to:

- Use air conditioning or stay on the lowest floor out of the sunshine if air conditioning is not available. Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Drink plenty of water, even if you do not feel thirsty and encourage others to hydrate; avoid drinks with caffeine and alcohol.
- Never leave children or pets alone in closed vehicles.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Schedule strenuous activity during early morning or evening; wear lightweight, light-colored clothing. Take a cool shower or bath to lower body temperature.
- Call 911 for any emergency.

Visit www.redcross.org/prepare or www.ready.gov or download the free Red Cross or FEMA app for more information on dealing with extreme heat and preparing for other emergencies.

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