



Mississippi Emergency Management Agency News Release

CONTACT: 866-920-MEMA



Media Contact
866-920-MEMA

FOR IMMEDIATE RELEASE

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Dangerous Heat Forecast This Week For Mississippi

Pearl – Excessive heat warnings and advisories are in effect for all of Mississippi through Wednesday evening. The Mississippi Emergency Management Agency and the National Weather Service want to remind residents there are steps you can take to help beat the heat. High temperatures in many parts of the state are forecasted to be near 100 degrees with a heat index or real feel of 110-120 degrees around the state.

The NWS also wants to remind everyone about the “beat the heat, check the backseat” campaign. In the past dozen years, 450 children have died nationwide due to hyperthermia after being left in or gaining access to cars. NEVER leave children or pets unattended in a vehicle, not even for a minute. Remember: Beat the heat, check the backseat.

“High temperatures can be just as dangerous as traditional severe weather for some of our residents,” said MEMA Director Mike Womack. “While Mississippians are used to hot summers, we ask everyone to take extra precautions and keep a close eye on family, friends and neighbors.”

HOW TO PROTECT YOURSELF

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls and other community facilities.
- Drink plenty of water. Persons who have epilepsy or heart, kidney or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.

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SIGNS OF HEAT EXHAUSTION:

- Heavy sweating but skin may be cool, pale or flushed.
- Weak pulse.
- Normal body temperature is possible, but temperature will likely rise.
- Fainting or dizziness, nausea, vomiting, exhaustion and headaches are possible.

SIGNS OF HEAT STROKE; CALL 9-1-1 IF SOMEONE HAS THESE SYMPTOMS:

- High body temperature (105+).
- Hot, red, dry skin.
- Rapid, weak pulse and rapid shallow breathing.
- Victim will probably not sweat unless victim was sweating from recent strenuous activity.
- Possible unconsciousness.

In a normal year, approximately 175 Americans die from extreme heat. Young children, senior citizens, and those who are sick or overweight are more likely to become victims.

For more information please contact MEMA External Affairs by calling 866-920-6362 or visit us online at www.msema.org. To check out the latest local forecast from the National Weather Service go to www.srh.noaa.gov and click on your area.

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