



STATE OF CONNECTICUT
DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION
DIVISION OF EMERGENCY MANAGEMENT AND HOMELAND SECURITY

PUBLIC INFORMATION OFFICE

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Reuben F. Bradford
Commissioner

William P. Shea
Deputy Commissioner

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Contact: Scott DeVico
860-209-0334
scott.devico@ct.gov

DESPP ADVISES CAUTION DURING EXTREME HOT WEATHER
CALL 2-1-1 FOR INFORMATION ON AVAILABLE COOLING CENTERS

(MIDDLETOWN, CT)- With possible record high temperatures forecasted for Wednesday and Thursday, the Department of Emergency Services and Public Protection (DESPP) is advising people to be cautious during this period of extreme heat.

“A few simple steps can greatly reduce heat related issues, especially for the elderly, the very young and people with respiratory ailments, who are more susceptible to the effects of high temperature,” said DESPP Deputy Commissioner William P. Shea.

Temperatures on Wednesday and Thursday are expected to range from 95F – 100F across most of interior Connecticut with Heat Index Temperatures between 100F – 105F.

The Department of Emergency Services and Public Protection offer the following tips during extreme high temperatures:

- Slow down, and avoid strenuous activity.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you don't feel thirsty.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals.

*1111 Country Club Road
Middletown, CT 06457
Phone: (860) 685-8000/Fax: (860) 685-8354
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- Stay indoors as much as possible.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate sweat, which cools your body.
- Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters, shopping malls, and other community facilities that may offer refuge during the warmest times of the day.
- Cover windows that get morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen with a high SPF (Sun Protection Factor) rating.
- Never leave children or pets alone in a closed vehicle.
- Do not leave pets outside for extended periods. Make sure pets have plenty of drinking water.
- Check on family, friends, and neighbors regularly.

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