



**Columbia/Boone County  
Office of Emergency Management  
Public Safety Joint Communications  
17 N. 7<sup>th</sup> Street, Suite A  
Columbia, MO 65201**

## **Press Release**

**Contact: Zim Schwartz, OEM Director  
Scott Smith, Public Information Officer**

**For Immediate Release:  
June 24, 2010**

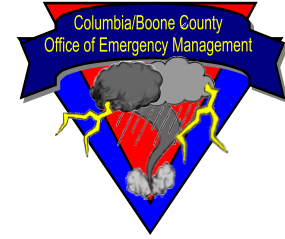
### ***PREPARE FOR THE DANGERS OF SUMMER HEAT Summer Weather Safety Week***

With temperatures and heat index values expected to make its annual return with the summer months, the Columbia/Boone County Office of Emergency Management (OEM) encourages everyone to take the proper steps to protect themselves from the heat and humidity we will likely experience.

“Anyone who has lived in this area for very long knows that the summer heat and humidity can have adverse effects on everyone,” says OEM Director Zim Schwartz. “That can be especially true for those who work or play outdoors. Too much exertion without sufficient breaks can have an extreme effect on the body.”

Schwartz and the Columbia/Boone County Department of Public Health and Human Services recommend frequent breaks for those who are outdoors during the peak heating hours of the day, usually between 10 a.m. and 3 p.m. During those breaks, drink plenty of water and rest in either shaded areas or in air-conditioned buildings.

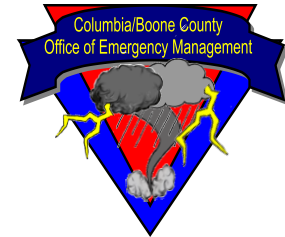
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The elderly, infants, young children, and people with chronic health problems or disabilities are especially at risk during times of high heat and humidity. They should be watched closely when high heat and humidity impact the area.

The Office of Emergency Management has several materials available, concerning how to prepare for heat and other weather-related dangers. Those materials can be found at our website, [www.showmeboone.com/OEM](http://www.showmeboone.com/OEM). In addition, the Columbia/Boone County Department of Public Health and Human Services has essential information concerning heat safety at their website, [www.gocolumbiano.com/Health](http://www.gocolumbiano.com/Health).



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### **Heat Safety Facts**

(information provided by the National Weather Service, the Missouri Department of Health, and the Columbia/Boone County Department of Public Health and Human Services)

- An ***Excessive Heat Advisory*** is issued by the National Weather Service (NWS) when the Heat Index is expected to reach 105 degrees, or the maximum air temperature is expected to equal or exceed 100 degrees.
- An ***Excessive Heat Warning*** is issued, when the Heat Index is expected to reach 110 degrees, with the nighttime index is expected to be 75 or higher, for at least 48 hours.
- The National Weather Service uses the Heat Index to measure how hot it feels to people at a certain combination of temperature and humidity.
- Symptoms of Heat Cramps are painful spasms in muscles of legs and abdomen, along with heavy sweating.
- Symptoms of Heat Exhaustion include heavy sweating, weakness, cold, pale and clammy skin. Fainting and vomiting possible. Get the victim out of sun. Lie down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Give the victim sips of water.
- Symptoms of Heat Stroke include a high body temperature of 106 degrees or higher, hot dry skin, rapid and strong pulse, and possible unconsciousness. If Heat Stroke occurs, call emergency medical assistance immediately.