



**FOR IMMEDIATE RELEASE**

Friday, July 19, 2019  
Ashland Fire Department  
(603) 968-7772

## **PRESS RELEASE**

### **USE CAUTION DURING EXTREME HEAT**

Ashland, N.H. – Residents are reminded to use caution as hot and humid weather in the 90s is expected through the weekend.

Call 9-1-1 to report emergencies. Residents can call 2-1-1 for cooling center locations and information.

#### **LOCAL COOLING CENTER INFORMATION:**

- Location(s) Ashland Fire Station
- Times of Operations: Saturday July 20, from 0800 to 1700 or as needed.
- Contact Information: Ashland Fire Department 968-7772
- Are Pets allowed? Yes, and all pets should be leashed or crated.
- If a resident needs transportation to the cooling center, who should they call? Ashland Fire Station at 968-7772

Heat index values are expected above 105 in some parts of the State due to temperatures in the upper 90s and dew points in the lower 70s. The heat index values will ride into the mid to upper 90s by mid-morning and exceed 100 degrees most of the afternoon and early evening on both Saturday and Sunday.

Residents should take action before a heat emergency and can learn more at ReadyNH.gov - <https://www.readynh.gov/disasters/extreme-heat.htm>

Here are some important safety tips:

- Never leave children or pets alone in closed vehicles.
- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. 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.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Go to a designated public shelter if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.

- Sign up for NH Alerts to receive emergency information via your mobile and landline phones, including severe weather alerts from the National Weather Service and emergency information from New Hampshire Homeland Security and Emergency Management.
- Check the weather and listen to a NOAA Weather Radio for critical updates from the National Weather Service.

If you must go outside:

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing sunblock and a wide-brimmed hat.
- Postpone outdoor games and activities.
- Stay indoors as much as possible and limit exposure to the sun.

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