



# Mississippi Emergency Management Agency News Release

CONTACT: 866-920-MEMA



Media Contact  
866-920-MEMA

FOR IMMEDIATE RELEASE

July 29, 2010

## **Dangerous Heat Forecast This Weekend For Mississippi**

**Pearl** – Stay cool and stay smart. That phrase is what the Mississippi Emergency Management Agency and the National Weather Service want people to remember this weekend. High temperatures are forecast to range between 95 and 102 degrees with a heat index or real feel of 101-112 degrees beginning Friday through Sunday around the state.

“Mississippi summers are always hot, but there will be dangerous conditions out there this weekend,” said MEMA Director Mike Womack. “We ask folks to try to stay cool and stay smart using heat safety tips.”

### **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.

### **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.

-more-

*“Disaster Preparedness Saves Lives and Property”*  
Visit us online at [www.msema.org](http://www.msema.org)

**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](http://www.msema.org)

###