



DATE: July 19, 2016

FOR IMMEDIATE RELEASE

- Dangerous Hot Weather -

Cooling Shelter Opens In Columbus

(Columbus) The City of Columbus & Columbia County Emergency Management are encouraging residents to prepare for the extreme hot weather that is forecasted. Temperatures are forecast to be in the mid 90's to upper 90's on Thursday and Friday this week. Heat indices are expected to be well over 100. These types of weather conditions can be extremely dangerous to humans and animals.

The City of Columbus will have a cooling shelter at the Senior Center located at 125 N. Dickason Blvd., Columbus during normal business hours Thursday and Friday from 8:00 a.m. to 4:00 p.m.

The Senior Center is open to anyone who needs shelter from the extreme heat.

- **Bring your own food and water.**
- **Bring medications with you**
- **Bring games, books, or playing cards, TV is available**
- **Bring toys for your children to play with**
- **NO PETS will be allowed at the shelter**

General symptoms of heat exhaustion include fainting, rash, fatigue and nausea. Skin may become clammy and moist or hot and dry. The onset of heat stroke can be rapid and may progress to life-threatening illness within minutes. If heat-related symptoms appear, immediate actions should be taken to reduce body temperature.

The following actions are recommended when temperatures are above 90 degrees:

- Drink more fluids during hot weather to avoid dehydration. Rapid weight loss may be a sign of dehydration.
- During the hottest part of the day stay in a cool place, preferably air-conditioned.
- Do not plan strenuous activities during the warmest part of the day.
- Use fans to increase ventilation unless temperatures exceed 90° (at which point fans become ineffective in reducing heat-related illness)
- Take a cool shower, bath, or sponge bath to reduce body temperatures. In addition, wet clothing has a cooling effect.
- Make frequent checks on the status of elderly or ill relatives or neighbors and move them to an air-conditioned environment during the hottest part of the day.
- Pets and Livestock should be checked frequently and kept out of direct sunlight if possible.