



From the desk of:

□ □ □ □ □ □ □ **Keith A. Langley, Supervisor**

□ □ □ □ □ □ □ □ □ □ □ □ □ □ *Town of East Greenbush*

June brought us lots of rain, and July is quickly bringing us lots of heat. This week and for the foreseeable future, we are in the midst of a heat wave, and it is important to be sure that we are each taking the steps to stay safe and cool. The heat that we are currently experiencing can be very dangerous if you are not careful. The Red Cross and the National Weather Service have provided a list of symptoms to watch for when dealing with the heat, and some tips of staying cool:

This heat can easily lead to heat exhaustion or heat stroke. Some of the signs you want to watch for are: muscle cramps, dizziness, weak pulse (heat exhaustion), nausea and vomiting, fainting, extreme sweating, normal temperature can be found with heat exhaustion. Signs of heat stroke are more severe and require immediate medical attention. Call 911 or 479-1212 for help if you are sick. For more information please visit: <http://www.nws.noaa.gov/os/heat/index.shtml>

**While staying cool in this heat may seem like an impossible feat, here are a number of steps to take:**

- Take it easy! Reduce any strenuous activities until the temperature cools down
- Wear light-weight, light-colored clothing to reflect the heat and sunlight
- Drink plenty of WATER, non-alcoholic and decaffeinated fluids to stay hydrated
- Eat light meals! Meals that include meat and proteins increase metabolic heat production and increases water loss
- During excessive heat periods, spend time in air-conditioned places.
- If you don't have AC- visit places that have it. Go to the mall, visit the museum or library, go to restaurant or a movie
- LIMIT sun exposure! Exposure to direct sun light can increase the heat index by as much as 15 degrees

This morning, my office received a notice from National Grid advising customers to reduce energy use. With the increase in heat, more people are using their air conditioners. Increased spikes in power usage can lead to power outages. In order to limit the possibility of an outage try to limit the usage of electricity in your home. Be sure you're turning lights off when you're not in the room; limit the amount of cooking, baking or laundry you're doing.

I hope that everyone can stay cool in this heat. Be safe.