



**FORSYTHCOUNTY**  
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## **FOR IMMEDIATE RELEASE**

### **STAY SAFE IN EXTREME HEAT**

*Take precautions to avoid heat-related illness, injury and death*

**FORSYTHCOUNTY, Georgia** – With the arrival of summer and temperatures on the rise, the Forsyth County Fire Department urges residents to take extra precautions to help avoid heat-related illness, injury and death.

“Heat can be very dangerous, pushing the human body beyond its limits,” Division Chief Jason Shivers said. “There are steps individuals can take to help reduce the risk of falling victim to heat-related dangers. These include staying indoors as much as possible and limiting exposure to the sun, and keeping outdoor activity to morning and evening hours only.”

Additional safety tips to help stay safe in extreme heat include:

- Drink plenty of fluids (do not wait until you are thirsty to drink). Those 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.
- Eat well-balanced, light and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Limit intake of alcoholic beverages.
- Wear lightweight, light-colored, loose-fitting clothing.
- 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.
- When working in extreme heat, use a buddy system and take frequent breaks.

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According to the National Weather Service, one of the biggest weather-related risks during the summer months is the possibility of a child dying in a vehicle from heat stroke.

“When the outside temperatures are in the 90s, it is common for the interior of a vehicle to reach 133 degrees in the first hour,” Fire Chief Danny Bowman said. “And the risks mount quickly, as the temperature inside a vehicle can rise 20 degrees in as little as 10 minutes. Please exercise care to never leave anyone – including children and pets – in a vehicle during the hot summer months.”

The Forsyth County Fire Department and the National Weather Service provide the following safety tips:

- Never leave a child or pet unattended in a vehicle – not even for a minute.
- If you see a child or pet unattended in a hot vehicle, call 911 immediately.
- Teach children that cars are not a play area.
- A rear-facing car seat with a sleeping baby can be a prescription for disaster. Place something like a purse, briefcase or cell phone in the backseat as a reminder.
- ‘Cracking’ the vehicle’s windows provides little, if any, relief to soaring temperatures.

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