Sample Press Release: Hot Weather

**Sample Hotline Script for a Heat Event**

Welcome to [Jurisdiction] Extreme Temperature Emergency Hotline.

To hear this message in English, please press [Number]. For Spanish, please press [Number].

If this is a medical emergency, please hang up and dial 9-1-1.

During this time of hot temperatures and high humidities, it is important to stay hydrated and avoid strenuous outdoor activities. The following are suggestions for adults, children, and the elderly to prevent heat-related injury.

1. Stay out of the sun.
2. Limit outdoor activity. Schedule heavy work during the coolest parts of the day.
3. Wear light colored, loose fitting, breathable clothing, such as cotton.
4. Wear wide-brimmed hats when outside.
5. Be aware that protective clothing or personal protective equipment may increase the risk of heat-related illnesses.
6. Drink plenty of water, juice, or sports drinks.
7. Avoid alcoholic or caffeinated drinks.
8. Be aware that your prescription medication may affect your heat tolerance. Check with your doctor.
9. Eat light meals.
10. Take frequent cool showers or baths.
11. Keep your air conditioner well maintained.
12. If your indoor temperature remains above 90 degrees Fahrenheit, seek shelter in an air-conditioned building.

Symptoms that need immediate medical attention include:

* Profuse sweating and muscle cramping.
* A body temperature of 105 degrees Fahrenheit with hot dry skin.
* Confusion or unconsciousness.

***Script adapted from:***

* [*Marin County Extreme Temperature Emergency Annex*](https://www.marinsheriff.org/assets/downloads/OES/Extreme-Temp-Annex_July-2010_final-approved.pdf)*, Appendix E: Sample Hotline Script*
* *NC Department of Labor* [*Heat Stress*](https://www.labor.nc.gov/heat-stress#Tab-HazardOverview-569)