Sample Press Release: Hot Weather

**For Immediate Release**

**Hot Weather Forecasted - Stay Safe**

Hot temperatures combined with high humidities are forecasted to occur in [Jurisdiction] over the next [insert period, e.g., 3 days]. Stay safe by following the steps below:

* Stay indoors, in air conditioned spaces, as much as possible and limit your exposure to the sun and high humidity.
* If air conditioning is not available, stay on the lowest floor and out of the sunshine.
* Dress in loose-fitting, light-colored, and breathable clothing, such as cotton, that covers as much of the skin as possible.
* Protect your face and head by wearing a wide-brimmed hat.
* Drink plenty of water.
* Limit alcoholic beverages.
* Avoid using salt tablets unless directed to do so by your doctor.
* 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 vehicles.
* Avoid strenuous work during the warmest part of the day: schedule heavy work during the coolest parts of the day.
* Take frequent breaks when doing heavier work, and in high heat and humidity. Take breaks in the shade or a cool area.
* Be aware that protective clothing or personal protective equipment may increase the risk of heat-related illnesses.

***Press release adapted from:***

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