

Heat Advisory
7/23/2016

Dear residents,

The National Weather Service has issued an Excessive Heat Watch beginning Saturday at 11am through Sunday at 6pm. It is possible that the watch may need to be extended through Monday. An Excessive Heat Watch means that a prolonged period of hot temperatures is expected that, along with high humidity, will combine to create a potentially dangerous situation.

Please note the following safety precautions and tips:

- Stay indoors in air conditioning as much as possible
- If you do go outside stay in the shade
- If your home is not air conditioned, spend at least two hours daily at an air conditioned mall, library or other public place
- Wear sunscreen outside, along with loose fitting light colored clothes that cover as much skin as possible
- Drink water regularly even if you are not thirsty. Limit alcohol, and sugary drinks which speeds dehydration
- Avoid exertion during the hottest part of the day
- Take a cool shower or bath

Additional information regarding heat related emergencies can be found at <https://www.ready.gov/heat> and <http://www.nws.noaa.gov/om/heat/index.shtml>

A heat wave also brings with it a higher demand for electricity and a greater chance for a power outage. Please visit [JCP&L Heat Wave PR](#) for tips on using electricity wisely. In the case of a power outage, report directly to JCP&L at 888-544-4877, or report on-line at <http://www.firstenergycorp.com/outages> or on [FaceBook](#).

As always, dial 9-1-1 in the event of an emergency.

We remind you never to leave children or pets in the car, not even for a minute. Look before you lock! Please take a moment to check in on your neighbors, especially those that are older or with disabilities. Stay safe.

Mayor Jon Hornik

.

