



County of Prince Edward, Virginia

Town of Farmville, Virginia

Joint News Release-July 17, 2019

FOR IMMEDIATE RELEASE

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County & Town Officials Urge Citizens to Prepare for Excessive Heat

Farmville, VA – Summer is here and with it, extreme heat, which can pose many dangers; however, there are safety precautions that can be taken to reduce heat-related problems. The National Weather Service has announced that hot and humid weather is expected to continue through the upcoming weekend. Heat indices at or above 105 degrees are expected, especially from Friday through Monday.

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself, which is more likely during excessive heat. This can cause damage to the brain and other vital organs. Heat related illnesses include: heat cramps, heat exhaustion and heat stroke.

The following are general guidelines for safety during extreme heat, adapted from the federal Heat Guidebook:

- Use air conditioners or spend time in air-conditioned locations such as libraries, stores and other public buildings.
- Avoid strenuous work during the warmest part of the day. If you must work during extreme heat, take frequent breaks.
- Dress in lightweight, loose-fitting, light-colored clothing. Protect your face and head by wearing a wide-brimmed hat.
- Drink plenty of water and fluids! Sports drinks can help replace the salt and minerals you lose in sweat.
- Eat light, well-balanced (such as fruit or salads) and regular meals.
- Check on family, friends, and neighbors who do not have air conditioning

Never leave children or pets alone in a parked vehicle, even with the windows down or air conditioning on. The interior temperature of vehicles increases quickly, even with windows cracked. In 10 minutes, the internal temperature of a vehicle can raise almost 20 degrees. Children's body temperatures can heat up three to five times faster than adults.

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Residents who need immediate, emergency medical assistance due to the heat should call 9-1-1. Prince Edward County and Town of Farmville residents who need temporary relief from the heat may drop in at the Southside Virginia Family YMCA located at 580 Commerce Road. The YMCA will be open as follows: Friday: 5:30 a.m.-8:00 p.m.; Saturday: 7:00 a.m. – 5:00 p.m.; Sunday 1:00 p.m. – 5:00 p.m.; and Monday 5:30 a.m. – 9:00 p.m.

In the event of widespread power outages or other changing circumstances which creates a need for expanded facilities and services, County and Town Emergency Management are coordinating with Volunteer Fire Departments and the County Department of Social Services to activate a cooling center plan. Further information will be shared with Prince Edward County and Farmville residents at that time.

For additional information, County residents may contact the Prince Edward County Administrator's Office at 434-392-8837 and Town Residents may contact the Farmville Town Manager's Office at 434-392-5686.

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