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# Press Release

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In conjunction with the National Weather Service's excessive heat warning for our area, Easton Mayor Sal Panto has issued a heat warning in Easton for Friday, Saturday and Sunday July 19, 20 and 21. The warning signals the activation of the City's Cooling Centers and to encourage the public to look in on older friends, relatives, and neighbors.

Panto said, "I strongly urge the public to visit older friends, relatives and neighbors to ensure that air conditioners or fans are working and homes are adequately ventilated. In a heat wave, the majority of the victims are older people and those with pre-existing medical conditions."

People who do not have air conditioning are advised to seek relief from the heat, for at least some part of the day, in shopping malls, movie theaters, and senior centers. **The Mayor announced the following facilities will serve as cooling centers and will be open from noon to 5 p.m. each of the three days: the Easton YMCA; the Easton Boys and Girls Club; Easton Area Neighborhood Center; and the Easton Area Community Center. In addition the City will provide bottled water to the centers and encourages all residents to stay hydrated.**

To avoid heat-related illness, residents of all ages should adhere to the following simple rules:

Avoid, as much as possible, working or playing in the hot sun or other hot areas. If you must be out in the sun, wear a head covering. A wide brimmed hat or visor will not only protect your head from intense rays of the sun, it will also provide a shield for your eyes.

Use air conditioners and fans. Open windows to release trapped hot air.

Those taking regular medication should consult with their physician. Some medications cause an adverse reaction in hot weather.

When possible, utilize indoor facilities that accommodate physical activity

Plan outdoor activities for the coolest times of the day

Limit and reduce duration of outdoor activity

Take frequent breaks

Provide drinking water before, during, and after the activity

Drink more water than usual. Avoid drinks with sugar, alcohol and caffeine

Pace physical activity

Plan for cool-down recovery time in the shade if possible following an outdoor activity

Wear light colored clothing, wide-brimmed hats

Wear lightweight clothing.

Drink plenty of non-alcoholic liquids, warm or cool. Because the body loses fluids in the heat, drinking lots of liquid helps to prevent dehydration.

Maintain a normal diet.

Shower or bathe in water that is near skin temperature.

Do not leave older people, children, or pets alone in cars.

The early warning signs of heat stress are decreased energy, slight loss of appetite, faintness, light-headedness and nausea. People experiencing these symptoms should go to a cool environment, drink fluids, remove excess clothing, and rest.

Serious signs of heat stress include unconsciousness, rapid heartbeat, throbbing headache, dry skin, chest pain, mental confusion, irritability, vomiting, diarrhea, muscle cramps, staggering, and difficulty breathing. People experiencing these symptoms should get immediate medical attention. While waiting for help move the person to a cool area, remove excess clothing, spray with water, and fan the person. In an emergency, dial 911.

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