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PUBLIC NOTICE

Advisory: Expect a hotter summer this year

We would like to inform you that this summer is expected to be hotter than usual. With temperatures forecasted to reach higher levels than we typically experience, it's important to take precautions to stay safe and healthy. Please consider the following guidelines to prepare for the upcoming heat:

1. **Stay Hydrated:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid beverages with caffeine, alcohol, or high sugar content.
2. **Stay Indoors:** Limit outdoor activities, especially during the hottest parts of the day (10 a.m. to 4 p.m.). If you must go outside, wear lightweight, loose-fitting clothing, a hat, and use sunscreen.
3. **Cool Your Home:** Keep your home as cool as possible. Use fans, air conditioning, or go to air-conditioned places like shopping malls or community centers. Close curtains or blinds to block out direct sunlight.
4. **Check on Vulnerable Individuals:** Ensure that elderly family members, young children, and pets are kept cool and hydrated. Check on neighbors and friends who may need assistance.
5. **Recognize Heat-Related Illnesses:** Be aware of the signs of heat exhaustion and heat stroke. Symptoms include heavy sweating, weakness, dizziness, nausea, headache, and confusion. If you or someone else exhibits these symptoms, seek medical help immediately.
6. **Avoid Strenuous Activities:** Postpone any strenuous activities or work until cooler parts of the day or after the heat wave has passed.
7. **Stay Informed:** Keep updated with the latest weather forecasts and advisories. Follow local news and weather channels for real-time information.

We urge everyone to take these warnings seriously and prepare accordingly. Your safety is our top priority. Let's work together to stay safe and help each other during this challenging period.

Thank you for your cooperation.

FROM THE CNC PUBLIC HEALTH OFFICER

Wednesday, June 5, 2024