



Loudoun County, Virginia

www.loudoun.gov

NEWS RELEASE

Office of the County Administrator, Public Affairs and Communications
1 Harrison Street SE, P.O. Box 7000, Leesburg, VA 20177-7000
703-777-0113 • Fax 703-771-5841

For Immediate Release
July 14, 2021

Media Contact: Glen Barbour, Public Affairs and Communications Officer
703-771-5086, Glen.Barbour@loudoun.gov

Loudoun Officials Offer Advice on How to Beat the Heat; Storms Also in the Forecast

With the weather forecast calling for high temperatures in the 90s, elevated humidity levels and a chance of thunderstorms with damaging wind gusts throughout the week, Loudoun County officials advise residents to be prepared and take precautions to prevent heat-related illness and possible storm damage.

Protect Yourself Against the Heat

- **Spend as much time in air-conditioned locations as possible.** Locations such as [Loudoun County Public Library branches](#), [Loudoun County community centers](#) and [recreation centers](#), malls and other public buildings may provide some relief to residents who do not have air conditioning in their homes.
- **Hydrate:** Drink plenty of water.
- **If you have to go outside**, wear lightweight, light-colored clothing and avoid strenuous activities.
- **Do not leave children or pets in cars.**
- **Monitor your animals frequently** to ensure that they are not suffering. The Loudoun County Department of Animal Services offers [useful information on protecting your pets from the heat](#).
- **Check on your neighbors.** Anyone can suffer from heat-related illness, but people ages 65 and older and very young children are more susceptible to the effects of high heat and humidity.

More information about staying safe in excessive heat is online at loudoun.gov/heat.

Be Prepared for Storms

- **Know the forecast:** Get updated weather information online from the National Weather Service (NWS) at weather.gov/lwx and on the NWS [Facebook](#) and [Twitter](#). You may also sign up for weather alerts through [Alert Loudoun](#).
- **Secure any loose objects outside** in your yard or on your deck, such as umbrellas, bins, tools and toys.

- **Keep trees and branches trimmed**, especially near your house.
- **Turn around. Don't drown.** Do not drive through flooded roadways. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

More information about staying safe from storms is online at loudoun.gov/storm.

#