



Loudoun County, Virginia

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NEWS RELEASE

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For Immediate Release
July 17, 2019

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Stay Cool! Five Things to Know About the Heat in Loudoun

The National Weather Service says dangerous heat and humidity are likely Friday through Sunday across Loudoun and the region. It's possible that the heat index, a measure of how hot it really feels, will reach as high as 110 degrees during the afternoon and evening hours. With the forecast in mind, Loudoun County encourages members of the community to take precautions against the excessive heat and humidity. Here are five things for every resident to know:

1. Limit Your Time Outside

- Reduce outdoor work and exercise. Try to stay in air-conditioned buildings as much as possible. There are a number of Loudoun County facilities, such as [Community Centers](#) and the [Loudoun County Public Library](#), where people may seek relief from the heat during normal business hours. If you do have to be outside, wear lightweight and loose fitting clothing.

2. Know the signs and symptoms of heat illness.

- The combination of high temperatures and high humidity will create a situation in which [heat illnesses, such as heat exhaustion and heat stroke](#), are possible. Prolonged exposure to heat can cause cramping, heat exhaustion, heat stroke and even death. Pace yourself. Reduce strenuous exercise in the heat.

3. Stay Hydrated

- Drink plenty of water even if you're not thirsty. Avoid drinks with caffeine, alcohol or excessive sugar. Very sugary or alcoholic drinks can cause you to lose body fluid. Please note that anyone who has a problem with fluid retention should consult a doctor before increasing liquid intake.

4. Take Special Care with Children, the Elderly and Animals

- Never leave children or pets alone in closed vehicles.
- Check on family, friends and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure that they are not suffering from the heat. The Loudoun County Department of Animal Services offers useful information on the Loudoun County website on [protecting your pets from the heat](#).

5. Stay Informed

- **Know the forecast:** The National Weather Service is forecasting high heat and humidity through the weekend. Get updated weather information online from the National Weather Service at www.weather.gov/lwx, [Facebook](#), or [Twitter](#). You may also sign up for weather alerts through [Alert Loudoun](#).

- **Get more information:** Find links to useful information from county agencies as well as the Centers for Disease Control, the Federal Emergency Management Agency, the National Weather Service, the Virginia Department of Health and more at www.loudoun.gov/heat.

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