

Senator Pam Helming

Representing the 54th New York Senate District



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HELMING: STAY SAFE IN THE HEAT

An excessive heat watch is in effect for both Friday and Saturday across much of the region. According to the National Weather Services, the heat index could be as high as 105 to 108 degrees. Senator Pam Helming is reminding local residents to take steps to keep themselves and their families safe.

“With rising temperatures it is important to be prepared and take steps to keep yourself, your family, neighbors, and pets safe. Excessive heat can be dangerous for anyone, especially seniors and those on certain medications. I encourage everyone to take the time to prepare for high temperatures and consider taking advantage of the many public beaches and State Parks we have in the region,” said Senator Helming.

The New York State Department of Health provides the following guidance:

What can I do during a heat wave?

- Use air conditioning to cool down or go to an air-conditioned building.
- If you don't have air conditioning in your home, open windows and shades on the shady side and close them on the sunny side to try to cool it down.
- Drink plenty of fluids but avoid alcohol, caffeine and sugary drinks.
- Beat the heat with cool showers and baths.
- Take regular breaks from physical activity.
- Avoid strenuous activity during the hottest part of the day (between 11 a.m. and 4 p.m.).
- Wear loose, lightweight, light-colored clothing to help keep cool.
- Stay out of the sun as much as possible.
- Wear sunscreen and a ventilated hat (e.g., straw or mesh) when in the sun, even if it is cloudy.
- Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes.
- Check on your neighbors, family and friends, especially those who are elderly or have special needs.

Who is most at risk from the heat?

- Older adults
- Young children
- People who do not perspire normally
- People with some chronic medical conditions such as history of dehydration, heart problems and respiratory or lung problems
- People who work outdoors or in hot settings
- People who take certain medications that cause sensitivity to the sun or interfere with the body's ability to sweat and stay cool. Some medicines that affect the body's cooling system include antihistamines, antidepressants, over-the-counter sleeping pills, anti-diarrhea pills, beta blockers, anti-Parkinson's drugs and psychiatric drugs. Do not stop taking medication unless instructed to do so by your doctor.

Senator Helming represents the 54th Senate District, which consists of Seneca and Wayne Counties, parts of Cayuga and Ontario Counties, and the towns of Lansing and Webster. For more information, please visit Senator Helming's [website](#), or follow @SenatorHelming on Facebook or Twitter.

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