

TOWN OF TRURO

24 Town Hall Road
P.O. Box 2030, Truro, MA 02666
(508) 349-7004 Ext. 110 or 124
Fax (508) 349-5505

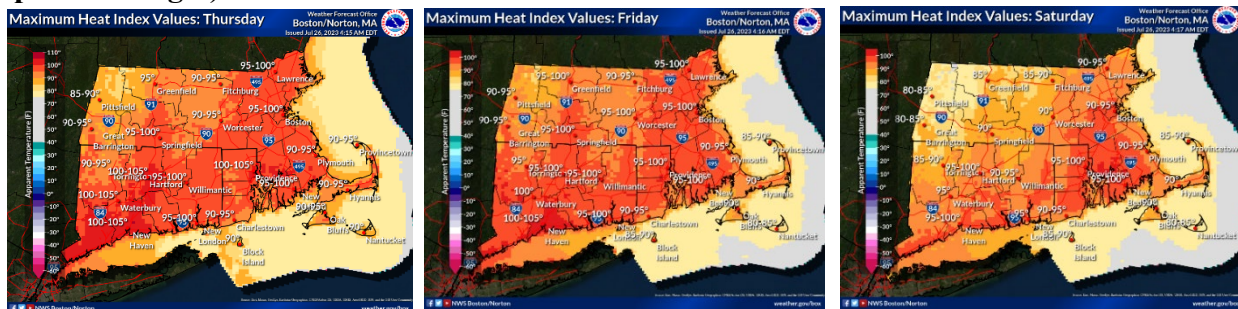
PRESS RELEASE --

WEATHER ADVISORY - Heat Advisory Issued for Much of Massachusetts; Truro Outside of Advisory Area but Residents Encouraged to Take Precautions; Potential for Severe Thunderstorms for All of Massachusetts

July 27, 2023 (Truro, MA) – The National Weather Service (NWS) is forecasting a period of oppressive heat across Massachusetts starting Thursday, July 27, 2023, through Saturday, July 29, 2023. While Truro is outside of the heat advisory area, higher temperatures in our area are expected.

During this timeframe, shower/storm activity may help break oppressive heat. Truro is expecting winds of 10 to 20 mph throughout this event which could potentially provide some relief from the heat in our area. The public is encouraged to take precautions to prevent heat-related illness. High temperatures and humidity can put people at risk of heat exhaustion and heat stroke, especially outdoor workers, older adults, young children, and other vulnerable populations.

Additionally, there is a risk for severe thunderstorms across most of the state, including our area. Eversource is currently monitoring the potential for impactful weather and is prepared to respond. The Truro Emergency Management Team was activated in preparation for this weather event and will continue to monitor the situation throughout the duration. **The Truro Public Library (7 Standish Way, North Truro) is open 10 a.m. to 8 p.m. on Thursday, and 10 a.m. to 4 p.m. on Friday and Saturday to serve as a cooling station (and charging station in the event of any power outages).**



The Truro Fire & Rescue Department and Truro Police Department have also increased staffing over the weekend. The public may call Public Safety for non-emergency assistance at (508) 487-8730 (non-emergency). In the event of an emergency, please call 9-1-1.

Know the Signs of Heat-Related Illness:

A new study from Pennsylvania State University¹ suggests that at 87°F at 100% humidity, healthy humans can no longer adequately regulate their body temperature, and sweat will not evaporate causing the skin temperature to increase which could potentially cause heat stroke or death over prolonged exposure. Older populations likely become vulnerable to heat at an even lower temperature. See the infographic from the Center for Disease Control (CDC)² on what to look for in the event of a heat-related illness.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry, or damp skin• Fast, strong pulse• Headache• Dizziness• Nausea• Confusion• Losing consciousness (passing out)	<ul style="list-style-type: none">• Call 911 right away-heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting (passing out)	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none">• Heavy sweating during intense exercise• Muscle pain or spasms	<ul style="list-style-type: none">• Stop physical activity and move to a cool place• Drink water or a sports drink• Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none">• Cramps last longer than 1 hour• You're on a low-sodium diet• You have heart problems
SUNBURN	
<ul style="list-style-type: none">• Painful, red, and warm skin• Blisters on the skin	<ul style="list-style-type: none">• Stay out of the sun until your sunburn heals• Put cool cloths on sunburned areas or take a cool bath• Put moisturizing lotion on sunburned areas• Do not break blisters
HEAT RASH	
<ul style="list-style-type: none">• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	<ul style="list-style-type: none">• Stay in a cool, dry place• Keep the rash dry• Use powder (like baby powder) to soothe the rash



¹ <https://www.psu.edu/news/research/story/humans-cant-endure-temperatures-and-humidities-high-previously-thought/>

² <https://www.cdc.gov/disasters/extremeheat/warning.html>

Precautions for Truro Residents & Visitors:

- Stay indoors if possible.
- Cut down on exercise and other hard tasks.
- Drink two to four 8-ounce glasses of cool, non-alcoholic fluids every hour.
- Rest often in shady areas or cool environments.
- Wear light clothing and protect yourself from the sun with a wide-brimmed hat, sunglasses, and sunscreen – SPF 30 or higher.
- Visit the Truro Public Library Cooling Station between 10 a.m. and 8 p.m. on Thursday or 10 a.m. and 4 p.m. on Friday and Saturday, if needed.
- If you visit the beach, pack plenty of water, hydrate frequently, wear sunscreen, use shade structures (like tents, umbrellas, etc.), and take a break and get out of the sun if needed.
- Check on elderly and vulnerable neighbors.
- NEVER leave children or pets in a hot car for ANY length of time. Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying.
- If thunder roars, go indoors!
- In an emergency, call 9-1-1. If you need non-emergency assistance, call (508) 487-8730.

Protect Your Pets

The American Red Cross provides the following tips for keeping pets safe in hot weather, as heat stroke can occur in pets as well as humans:

- Limit exercise on hot days. Exercise in the early morning or evening hours.
- Walk your pet in the grass, if possible, to avoid hot surfaces burning their paws.
- If your pet is outside, make sure they have access to shade and plenty of cool water.

More tips are available at <https://www.redcross.org/about-us/news-and-events/news/2021/how-to-keep-pets-safe-in-hot-weather.html>.

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CONTACT INFORMATION:
EMERGENCY MANAGEMENT DIRECTOR
TIMOTHY COLLINS
(508) 487-7548 | TCOLLINS@TRURO-MA.GOV