

HEALTH ALERT NETWORK BROADCAST

MESSAGE ID: 06152021 19:30

FROM: DELTA COUNTY HEALTH DEPARTMENT

SUBJECT: HAN INFO- EXTREME HEAT WARNING

RECIPIENTS: GENERAL PUBLIC

RECIPIENT INSTRUCTIONS: Local Agencies - please forward to community organizations and workplaces.

This information is for the health and safety of the community. This information is based on predictions from the National Weather Service and subject to change.

HEALTH INFO | 06/15/2021 | EXTREME WEATHER WARNING- JUNE 15TH 2021

Key Points:

- **Extreme heat will significantly increase the potential for heat related illnesses, particularly for those working or participating in outdoor activities and those with sensitive medical conditions that may be complicated by exposure to extreme temperatures.**
- **Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors. Young children and pets should never be left unattended in vehicles under any circumstances.**
- **Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency! Call 9 1 1.**

Background information

EXCESSIVE HEAT WARNING REMAINS IN EFFECT UNTIL MIDNIGHT MDT FRIDAY NIGHT

WHAT: Dangerously hot conditions with temperatures of 100 to 110 expected.

WHERE: The National Weather Service in Grand Junction has identified areas in Utah, Arches/Grand Flat, Canyonlands/Natural Bridges and Eastern Uinta Basin. In Colorado, Grand Valley and Paradox Valley/Lower Dolores River. Delta County is currently experiencing extreme heat similar to the forecasted areas.

WHEN: Until midnight (MDT) Friday night.

More Information

Take extra precautions if you work or spend time outside. When possible reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear lightweight and loose fitting clothing when possible. To reduce risk during

outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments.

For more information refer to the following resources:

Delta County Emergency Management Alerts:

<https://www.deltacounty.com/80/Emergency-Alerts>

CDC Extreme Heat Resources: <https://www.cdc.gov/disasters/extremeheat/index.html>

OSHA Heat Safety Resources: <https://www.osha.gov/heat>

NWS Grand Junction Information: <https://www.weather.gov/gjt/>