



**Roanoke Emergency Medical Services Inc.  
Volunteering since 1928**

**For Immediate Release**

**Roanoke City Volunteer Rescue Squad offers tips to help you be safe and enjoy this festival weekend.**

As the temperature and humidity rise, so does the risk of heat related emergencies. This weekend's weather calls for temperatures to climb into the mid 80's with moderate humidity levels. Together these factors can quickly lead to heat emergencies while you are enjoying outdoor activities and Festivals.

Roanoke EMS responds to many heat-related emergencies each summer. The more dangerous heat emergencies are Heat Exhaustion and Heat Stroke.

Symptoms of Heat Exhaustion can include muscle cramping, headaches, nausea, intense thirst, or feeling faint. Heat Stroke may come on suddenly if these symptoms are not recognized and treated. Heat Stroke symptoms may include confusion, hot dry skin (absence of sweating), unconsciousness, and difficulty breathing.

If you believe someone is experiencing a Heat Emergency call 911 and remove them from the heat.

Here are some tips to help you prevent a Heat Emergency.

- Drink Plenty of water- if you wait until you are thirsty then you are already behind
- Alternate sports drinks and water if you are working outdoors or playing sports
- Limit caffeine and alcohol use- this will dehydrate you faster
- Wear loose, light colored clothing
- Stay indoors or in the shade during the peak of the day
- Take many breaks out of the sun
- Remember your pets can suffer from Heat Emergencies also

For more information on Heat Emergencies, or volunteering, please visit [www.roanokeems.org](http://www.roanokeems.org) or contact us at 344-6256.

Roanoke is home to the 1<sup>st</sup> all volunteer Rescue Squad in the world and after 82 years is still providing emergency care and transport to the citizens and visitors in the city of Roanoke.

