



## Office of the Administrator

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### NEWS RELEASE

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### **Augusta FIRE/EMA urging residents to stay cool as the temperature is expected to rise**

**AUGUSTA, Ga. (June 13, 2022)** – With temperatures expected to reach the 100-degree mark this week, the Augusta Fire Department/EMA is encouraging people to limit their time outside, stay in air-conditioned areas, drink plenty of water, and know the signs of heat stroke or exhaustion to protect themselves.

Currently, the National Weather Service is predicting temperatures in Richmond County to be at or near the 100-degree area starting today through Friday.

“Hot weather is not unusual here in Augusta, but when the temperature reaches this level, it’s best to take as many precautions as possible,” said Fire Chief/EMA Director Antonio Burden. “Heat exhaustion and heat stroke are serious conditions.”

Heat stroke or exhaustion symptoms can include a body temperature over 103-degrees, hot and red skin, headache, dizziness, cramps, fainting, and nausea.

To prevent heat stroke or exhaustion, people can limit their time outside, wear loose and light-colored clothing when they are outside, wear sunscreen, drink plenty of water, and stay in air-conditioned spaces if possible.

Media outlets wanting more information about heat-related safety steps can schedule an interview with the Augusta Fire Department/EMA Public Information Officer, Jason DeHart. He can be reached at [jdehart@augustaga.gov](mailto:jdehart@augustaga.gov) or by phone at (706) 821-2489.

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