

*Discover the Palm Beaches, the Best of Everything*

For release:
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Palm Beach County Encourages Residents and Visitors to Be Safe from the Heat and Take Advantage of Cool Spaces

Palm Beach County is currently under a Heat Advisory through today, at 7 p.m. where temperatures are predicted to be in the Significant range with heat indices of 105-110 degrees. The Heat Index is the apparent temperature, or “what the temperature feels like to the human body when relative humidity is combined with the air temperature.” This can lead to heat exhaustion and heat stroke illnesses. Palm Beach County encourages all residents and visitors to practice heat safety during these hot and humid days.

To prevent heat related illnesses:

1. **Never leave children, vulnerable adults, or pets in a parked car** – Temperatures in a parked car can rise quickly which can cause death for children, vulnerable adults, or pets. If you see a person or pet in a parked vehicle on a hot day, call 9-1-1 immediately.
2. **Limit time outside** – avoid being outside during the midday heat and spend more time inside when possible
3. **Utilize public spaces** – take advantage of public spaces with air conditioning when possible. Use this time to read a book or surf the internet at one of the great library locations within the county (County Library map attached); visit a local park or neighborhood splash pad (County Parks map attached), a public or community pool, your local community center or neighborhood clubhouse. Even plan your shopping for the middle of the day to stay cool when it is hottest out.
1. **Stay hydrated** – drink plenty of water, even if you don’t feel thirsty
2. **Do not get too much sun** – apply sunscreen if you are going to be in the sun.

For more heat related preparedness information visit [Extreme Heat \(fema.gov\)](https://www.fema.gov) and/or [Heat Illness Prevention \(OSHA.gov\)](https://www.osha.gov).