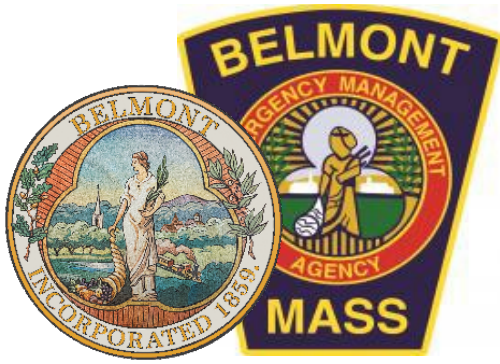




BELMONT EMERGENCY MANAGEMENT

Advisory Notification

Belmont Emergency Management would like to make you aware of the following National Weather Service Advisory:

...HEAT ADVISORY IN EFFECT FROM 11 AM THURSDAY TO 8 PM EDT
FRIDAY...

* WHAT...Heat index values up to 99 expected.

* IMPACTS...Hot temperatures and high humidity may cause heat illnesses to occur.

PRECAUTIONARY/PREPAREDNESS ACTIONS...

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.

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. Anyone overcome by heat should be moved to a cool and shaded location and call 911.

The following facilities are open to offer an air-conditioned respite for those in need:

Beech St. Center- Thursday 8:00 am – 10:00 pm Friday 8:00 am – 4:00 pm

Library- Thursday 9:00 am – 9:00 pm Friday 9:00 am – 5:00 pm

In an Emergency Always Dial 911