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Public Information Statement 16-16  
National Weather Service Headquarters Washington DC  
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To:           Subscribers:  
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From:        Eli Jacks  
              Chief, Forecast Services Division

Subject: "Don't Fry Day": Friday, May 27, 2016: Excessive Heat and Sun  
Safety Guidance for 2016 Season

Friday, May 27, 2016, has been declared national "Don't Fry Day" by NWS and the National Council on Skin Cancer Prevention (NCSCP). NWS is taking part again this year with the Environmental Protection Agency (EPA), the Occupational Safety and Health Administration (OSHA), the Centers for Disease Control and Prevention (CDC), and the NCSCP to promote sun-safe behaviors.

In addition, NWS is supporting the Federal Emergency Management Agency's (FEMA) first ever Extreme Heat Week, May 22-28, 2016 as part of its PrepareAthon. One of the week's activities includes a White House webinar entitled, "Building Community Preparedness to Extreme Heat." The webinar will be held May 26, 2016 from 2 PM to 3:30 PM EDT. During the White House webinar, experts from federal and local government, as well as other organizations, will share information on the impacts of extreme heat. Also, the webinar will focus on vulnerable populations such as children, athletes, the elderly and outdoor workers. Experts will also highlight actions that individuals, caregivers, public-health officials, and emergency responders can take to prepare for extreme-heat events. Registration information for this webinar briefing may be accessed at:

<https://attendee.gotowebinar.com/register/4711595715548871170>

A new interagency portal, the National Integrated Heat Health Information System (NIHHIS), has been developed to provide a one-stop-shop for access to federal government heat safety information that can be used to reduce the health impacts of extreme heat. NIHHIS was developed in collaboration with NOAA and CDC, and includes heat safety information from FEMA, OSHA and several other agency partners. See <http://climate.gov/nihhis> for more information.

Heat is one of the leading weather-related killers in this country, resulting in hundreds of deaths each year. Heat-related death and illness are preventable. Yet heat claims more lives most years than floods, lightning and tornadoes combined.

Skin cancer, which can develop from overexposure to ultraviolet (UV) radiation, is the most common form of cancer in the United States. Nearly 5 million people are treated for skin cancer each year in the United States, at an estimated annual cost of \$8.1 billion. Skin cancer can be serious, expensive, and sometimes even deadly. Fortunately, most skin cancers can be prevented.

Please see this link for some essential heat and UV resources provided by NWS partners that provide information on how to prevent adverse effects of excessive heat and UV exposure. Please use these resources throughout this summer to help us build a Weather-Ready Nation.

<http://www.nws.noaa.gov/om/heat/resources/dontfry.pdf>

All of our partners offer the following heat wave and UV safety tips to the public:

- Slow down. Reduce, eliminate or reschedule strenuous work or recreational activities until the coolest time of the day.
- Get acclimated. Gradually increase outdoor work and recreational activities so your body adjusts to hot conditions.
- Dress in lightweight clothing, and wear UV-blocking sunglasses and a hat with at least a 2- to 3-inch brim all around.
- Drink plenty of water or other non-alcoholic fluids. Avoid drinking alcoholic beverages.
- Never leave children, pets or the elderly unattended in a parked vehicle, not even for a minute.
- Take frequent breaks during work or play. When it's really hot, spend more time in air-conditioned places or seek shade outside, especially during midday hours.
- Check the UV Index when planning outdoor activities to prevent overexposure to the sun. Avoid sunburns and intentional tanning.
- Generously apply sunscreen of SPF 30 or higher with broad spectrum (both UVA and UVB rays) protection.
- Seek shade whenever you can.
- Know what the signs and symptoms of heat illness are. Check on workers, particularly those wearing protective suits.

Elderly persons, small children, chronic invalids, those on certain medications or drugs, outdoor workers, persons with weight and alcohol problems and caretakers for these groups should pay close attention to the above tips, particularly during heat waves in areas where excessive heat is rare.

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