FOR IMMEDIATE RELEASE
MAY 06, 2022

Fort Bend County Offers Respite from Expected Heat Wave Over Mother’s Day Weekend

(FORT BEND, TX) - Temperatures are expected to reach the 100’s Saturday and Sunday, as a result, public facilities located throughout Fort Bend County will open and serve as Emergency Cooling Centers, Saturday thru Sunday.

“I advise Fort Bend County residents to prepare for the intense temperatures, I strongly encourage those who are at high risk, children, and the elderly to stay inside air-conditioned buildings during these high temperatures,” said Fort Bend County Judge KP George.

Centers will provide Fort Bend County residents who lack air-conditioning at home with relief from the heat, free of charge. All centers will be open from 9:00 a.m. to 5:00 p.m. at most sites.

Cooling Centers are as follows:

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<tr>
<th>George Memorial Library</th>
<th>Missouri City Branch Library</th>
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<tr>
<td>1001 Golf view Dr. Richmond, TX 77469</td>
<td>1530 Texas Parkway Missouri City, TX 77489</td>
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<tr>
<td>Albert George Branch Library</td>
<td>Sienna Branch Library</td>
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<tr>
<td>9230 Gene Street Needville, TX 77461</td>
<td>8411 Sienna Springs Blvd Missouri City, TX 77459</td>
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<tr>
<td>Bob Lutts Fulshear/Simonton Branch Library</td>
<td>University Branch Library</td>
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<tr>
<td>8100 FM 359 South</td>
<td>14010 University Blvd. Sugar Land, TX 77479</td>
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Fort Bend County residents can help reduce electric use by:

- Setting their thermostat to 78 degrees or higher
- Turn off lights and pool pumps and avoid using large appliances like ovens, washing machines, and dryers.
- Turn off and unplug unnecessary electrical items that are not being used.

The Fort Bend County Health and Human Services reminds all residents to take the following extra precautions during hot weather:

- **Avoid the sun** – stay indoors when the heat index is the strongest.
- **Drink plenty of fluids** – 2 to 4 glasses of water every hour during times of extreme heat.
- **Replace salt and minerals** – sweating removes salt and minerals from your body, so replenish these nutrients with low sugar fruit juices or sports drinks during exercise or when working outside.
- **Avoid alcohol.**
• **Pace yourself** – reduce physical activity and avoid exercising outdoors during peak heat hours.

• **Wear appropriate clothing** – wear a wide-brimmed hat and light-colored lightweight, loose-fitting clothes when you are outdoors.

• **Stay cool indoors during peak hours** – set your air conditioner between 75° to 80°. If you don’t have air conditioning, take a cool shower twice a day and/or visit a County Emergency Cooling Center.

• **Monitor those at high risk** – check on elderly neighbors, family members, and friends who do not have air conditioning. Infants and children up to 4 years old.

• **Keep pets indoors** – heat also affects your pets, so please keep them indoors. If they will be outside, make sure they have plenty of water and a shaded area to help them keep cool.

Residents are also being asked to monitor for signs of heat exhaustion. If you suspect heat exhaustion, call 911, and move the person out of the heat right away. Symptoms include faintness, dizziness, excessive sweating, cool or clammy skin, nausea or vomiting, muscle cramps, and a rapid, weak pulse.

Fort Bend County residents are urged to sign up for FBC Alert, which provides rapid text notification and updates during a major crisis or emergency in the County.

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