



THE COUNTY OF CHESTER



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EDITORS: The following is for immediate release. If you have any questions, please contact Evelyn Walker, Chester County Chief Management Officer, at (610) 344-6024 or Rebecca Brain, Communications Coordinator, at (610) 344-6279.

Chester County Commissioners' office issues excessive heat warning information *Fans available for residents age 60 and older*

WEST CHESTER _ The Chester County Commissioners issued information today for county citizens in connection with the excessive heat.

The Chester County Department of Aging Services has a supply of fans available for Chester County residents age 60 and older to help cope with excessive heat.

"Fans were distributed to local senior centers in mid-June, and residents age 60 and older are asked to contact their local senior center first, to see if stocks are still available," said Wanda Stonebraker, Director of Chester County Department of Aging Services.

If fans are no longer available from local senior centers, seniors are asked to contact the Department of Aging Services on 610-344-6350, to arrange collection of a fan at the Government Services Center in West Chester.

"As a reminder, folks should check on their neighbors," said Wanda Stonebraker. "During times of excessive heat, it is important for residents to seek relief from the heat by visiting a local senior center, library, shopping mall, movie theater or other public buildings."

Residents should remember that when using a fan it is extremely important to have a window or door open to provide your living space with airflow. Failure to have airflow will result in the fan circulating the existing hot air, increasing the temperature. Residents are cautioned to stay out of direct sunlight and avoid strenuous activity.

Lightweight, light-colored, loose fitting clothing should be worn that permits sweat to evaporate. Individuals should drink plenty of non-alcoholic beverages such as water, fruit and vegetable juices.

Further recommendations from the Chester County Health Department, on dealing with excessive heat, include:

- Shower or bathe in water which is near skin temperature.
- Those taking regular medications should consult with their physician or pharmacist. Some medications cause an adverse reaction in hot weather, while others actually deteriorate in the heat and may not have the usual beneficial effect.
- Close shades or curtains on the sunny side of the house, but remember to leave a window open when using a fan.

The following Senior Centers have confirmed extended hours during the hot weather:

West Chester Senior Center – 7:30 a.m. to 6 p.m. Tuesday, July 6 and Wednesday, July 7, 2010.

Oxford Senior Center – 7:00 a.m. to 8:00 p.m. Tuesday to Friday, July 6-9, 2010. (After hours heat hotline: 610-256-5794, and residents should call before 3:00 p.m. if they are coming.)

Kennett Senior Center – 7:00 a.m. to 8:30 p.m. Tuesday to Friday, July 6-9, 2010.

Phoenixville Senior Center – Open until 7:00 p.m. Tuesday to Thursday, July 6-8, 2010.

Chester County is the first county in Pennsylvania to initiate a strategic planning process and has a Aaa rating on its bonds from Moody's Investors Service as well as AAA ratings from Standard & Poor's and Fitch. Established by William Penn as one of Pennsylvania's three original counties, Chester County has been named by Forbes.com as one of America's best places to raise a family.