



MEDIA ADVISORY
FOR IMMEDIATE RELEASE
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Health Department offers tips to stay cool in extreme heat

The Kane County Health Department and Office of Emergency Management are urging caution as extreme temperatures move into the area. The Health Department and OEM are monitoring the conditions and are working with agencies and hospitals in the county for the potential of these conditions to lead to heat illness.

A list of cooling centers are listed at www.kanehealth.com and www.kcoem.org.

The Health Department is recommending that residents take a few simple steps to avoid heat exhaustion or heat stroke.

- If you do not have air conditioning, go to a public building such as a library, shopping mall or other public building.
- Avoid hot foods and heavy meals—they add heat to your body.
- Drink plenty of fluids and replace salts and minerals in your body. Do not take salt tablets unless under medical supervision.
- Dress in loose fitting clothing
- Infants and children should be shaded with hats or an umbrella.
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches. Heat exposure is cumulative—If you find yourself spending extended time outside, take plenty of breaks by finding shade or, better yet, in an air-conditioned building.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.
- Please check on neighbors who may be vulnerable to excessive heat

The Centers for Disease Control and Prevention lists the symptoms and treatment for heat stroke, heat exhaustion and other heat-related ailments here:

www.cdc.gov/niosh/topics/heatstress. More information about coping with extreme heat is available by visiting the Health Department's Web site at www.kanehealth.com/heat.htm.

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