



MEDIA ADVISORY
FOR IMMEDIATE RELEASE
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Contact: Tom Schlueter (630) 444-3098
(630) 417-9729 cell

Temperatures, high humidity combine to create dangerous conditions

The Kane County Health Department is urging residents to take precautions as temperature and humidity levels climb Tuesday to create conditions where heat illness is possible. The National Weather Service is predicting that temperatures could climb to the upper 90s on Tuesday. When combined with dew points in the mid- to upper 60s, heat indices could climb over 100. Little relief is expected over night, and temperature and humidity levels could climb to dangerous levels again on Wednesday, when a cooler weather is expected to arrive Wednesday night and into Thursday.

“The effects of extreme heat conditions on the human body are cumulative and can lead to variety of health complications, including heat exhaustion and heat stroke,” Paul Kuehnert, Executive Director of the Health Department, said. “We are urging people to display caution as the temperatures rise and to follow a few simple tips to protect themselves.”

Keep cool with these tips:

- Go to a public air-conditioned environment, such as libraries malls or other public buildings.
- 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 infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.

(MORE)

Do not:

- Direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°f
- Never leave infants, children, or pets in a parked car, where temperatures can rapidly climb to fatal levels.
- Drink alcohol to try to stay cool
- Eat heavy, hot, or hard-to-digest foods
- Wear heavy, dark clothing

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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