



MEDIA ADVISORY
FOR IMMEDIATE RELEASE
September 2, 2011
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Stay Cool, Stay Hydrated, Stay Informed

The Kane County Health Department and Office of Emergency Management are urging caution as the temperature and humidity rise again today. 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.

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

Stay Cool: Keep your body temperature cool to avoid heat-related illness.

- Stay in air-conditioned buildings as much as possible.
- Find an air-conditioned shelter.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.

Stay Hydrated: Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.

Drink more water than usual.

- **Don't wait** until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.

Stay Updated on local weather forecasts so you can plan activities safely when it's hot outside.

- Check local news for extreme heat alerts and safety tips.
- Learn the symptoms of heat illness. www.cdc.gov/niosh/topics/heatstress.
- For more information about coping with extreme heat, visit the Health Department's web site at www.kanehealth.com/heat.htm

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