



KANE COUNTY HEALTH DEPARTMENT MEDIA ADVISORY

FOR IMMEDIATE RELEASE

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Kane County Reminds Residents to Take Care During Hot Days

The Kane County Office of Emergency Management and the Kane County Health Department wish to jointly remind the public to take the following precautions during this period of high heat.

- Frequently check on family members and the elderly who do not have air conditioning to insure their wellbeing.
- Never leave children or pets alone in a closed vehicle.
- Stay indoors as much as possible and limit exposure to the sun.
- Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a physician before increasing liquid intake.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Stay on the lowest level of your home out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes.
- Protect face and head by wearing a wide-brimmed hat when out in the sun.

Contact the Kane County Health Department at 630-208-3140.

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