

Regional News Release

*Ten local public health departments.
One united message.*



Public Health
Prevent. Promote. Protect.

FOR IMMEDIATE RELEASE – June 22, 2009

Heat warning prompts health advisory

Area health departments urge residents to take health precautions due to the Excessive Heat Warning issued by the National Weather Service Forecast Office in Pleasant Hill.

“We have had a mild summer so far and residents may have not have had time to become accustomed to the heat,” said Donna Martin, administrator of the Leavenworth County Health Department. “We ask residents to avoid prolonged exposure to the heat and to check on their neighbors.”

Things you can do to protect your health during times of extreme heat:

- Never leave children, pets or others alone in closed vehicles. The temperature inside a car can surpass 140 degrees and become fatal within minutes.
- Avoid too much sun exposure and postpone outdoor activities and games.
- Avoid extreme temperature changes, such as a taking a cool shower immediately after coming inside on a hot day.
- Stay indoors as much as possible.
- If your home does not have air conditioning, go to a public building every day for several hours.
- Replace incandescent bulbs with compact fluorescent bulbs to reduce heat.
- If you have to work outside, take frequent breaks, rest in the shade and drink plenty of water.
- Dress for the weather by wearing loose-fitting, lightweight and light-colored clothing. These clothes reflect heat and help maintain normal body temperature. If you have to be outside, cover as much skin as possible to avoid sunburn. Protect your face and head with a wide-brimmed hat.
- Check on your neighbors, friends and relatives — especially the elderly — at least twice a day (morning and night).

For information about cooling centers, call the United Way at 2-1-1. For more information about heat-related illnesses, go to the CDC Web site at: <http://www.bt.cdc.gov/disasters/extremeheat/index.asp> or contact your local health department.

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