

HEALTH SERVICES OF LYON COUNTY



Public Health
Prevent. Promote. Protect.

PRESS RELEASE:

HEALTH SERVICES OF LYON COUNTY WANTS TO REMIND COUNTY RESIDENTS OF THE HIGH HEAT INDEX IN ORDER TO PREVENT HEAT RELATED ILLNESSES AND DEATHS. WE ENCOURAGE COUNTY RESIDENTS TO STAY UPDATED ON LOCAL WEATHER SO YOU CAN PLAN OUTDOOR ACTIVITIES SAFELY WHEN IT IS HOT OUTSIDE.

THOSE WHO ARE MOST AT RISK: CHECK ON THOSE MOST AT-RISK TWICE A DAY IF POSSIBLE AND DO NOT LEAVE PETS OR CHILDREN IN VEHICLES.

- CHILDREN UNDER 5 AND CHILDREN PARTICIPATING IN OUTDOOR SPORTS ACTIVITIES
- ADULTS OVER AGE 65
- OUTSIDE WORKERS

HOW TO AVOID HEAT RELATED ILLNESS OR DEATH:

STAY HYDRATED:

- OUR BODY LOSES MORE FLUIDS THROUGH SWEAT, WHICH CAN CAUSE DEHYDRATION DURING TIMES OF EXTREME HEAT EXPOSURE
- DRINK MORE WATER THAN USUAL
- Don't wait until your thirsty –/drink often
- Drink 2-4 cups of water every hour if you are working outside, exercising or participating in sporting events.
- Avoid alcohol and liquids containing high contents of sugar
- Remind other to drink plenty of fluids as well

STAY COOL:

KEEP YOUR BODY TEMPERATURE COOL TO AVOID HEAT ILLNESS

- STAY IN AIR-CONDITIONING BUILDINGS AS MUCH AS POSSIBLE
- AVOID DIRECT SUNLIGHT
- DO NOT RELY ONLY ON A FAN AS YOUR PRIMARY COOLING DEVICE – SEEK OUT A NEIGHBORS HOUSE, CALL A FAMILY MEMBER, OR CHURCH MEMBER IF YOU DO NOT HAVE AIR CONDITIONING AND YOUR HOME IS TOO WARM.
- WEAR LIGHTWEIGHT – LIGHT COLORED CLOTHING

-TAKE A COOL SHOWER OR BATH

*Please call Health Services of Lyon County
if you have any questions. (712) 472-8200*