



Knox County Health Department
1361 West Fremont St., Galesburg, Illinois, 61401
(309) 344-2224 • (309) 344-5049 • www.knoxcountyhealth.org

PRESS RELEASE

June 23, 2009

For more information:

Michele Fishburn

Director of Community Health Improvement

Public Information Officer

309-344-2224

FOR IMMEDIATE RELEASE

Heat Sweeps Knox County

Knox County, Illinois- As the sweltering summer heat sweeps Knox County, Health Department officials are reminding everyone to take precautions against heat in order to protect their health and the health of those around them.

“There are simple measures that anyone can take to significantly reduce the chance of experiencing heat exhaustion and heat stroke,” reports Erin Olson, Community Health Education Supervisor for the Knox County Health Department. “The most important recommendations are to encourage drinking plenty of water and staying inside where it is cool,” states Olson, “if you must work outside, take frequent breaks while working and avoid strenuous activity whenever possible.”

Everyone is at risk when temperatures rise above 90 degrees but the elderly and the very young are most susceptible to heat and heat-related illnesses. Heat-related illnesses can cause serious injury and even death if unattended. Signs of heat-related illnesses include nausea, dizziness, flushed or pale skin, heavy sweating and headaches. Victims of heat-related illness should be moved to a cool place, given cool water to drink and ice packs or cool wet cloths should be applied to the skin.

Everyone should follow these basic heat safety tips in order to avoid heat exposure and possible death.

- During the hottest hours of the day, stay inside. If possible stay inside an air-conditioned building. The hottest hours of the day are typically from mid morning to mid afternoon.
- Dress lightly and when sleeping use lightweight breathable covers.
- Drink plenty of water.
- People who live in homes with no air conditioning should keep blinds closed from morning until the late afternoon to block extra direct heat from sunlight. Also, stay on the lowest level of your home.
- Use a fan. Don't place the fan directly in front of a window because it may push hot air in. Try placing the fan so that it blows in the room and out the window instead.
- Move your exercise routine to early morning or later in the evening – even swimming. swimming pool dangers related to heat exposure do occur.
- **Never ever** leave anyone in the car while you run to do a quick errand. Not a pet, not a child, not anyone. It's never safe. Cars can become overheated quickly and when overheated become like ovens. People can succumb to heat exposure and death very quickly in a hot car.

For more information please contact the Knox County Health Department at 309-344-2224 or visit www.knoxcountyhealth.org