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For immediate release

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Protect Yourself and Your Family in Extreme Heat

McCook – Be aware of extreme heat and take measures to prevent heat stress recommends Southwest Nebraska Public Health Department (SWNPHD).

Anyone can suffer from heat stress, including young and healthy individuals if they are very active during hot weather or the heat index is very high. Following are those typically at greatest risk:

- Individuals age 65 or older
- Infants and young children
- Overweight individuals
- People who are performing manual labor or exercising outdoors
- People who are physically ill, especially those with heart disease or high blood pressure, or who take certain medications, such as those for depression, insomnia, or poor circulation

SWNPHD reminds you to keep cool and use common sense when temperatures and humidity are high by:

- Keeping in the shade or air conditioned areas as much as possible
- Increasing fluid intake, regardless of their activity level
- If experiencing a lot of sweating, replacing salt and minerals by eating foods like bananas and salty crackers, or drink rehydrating beverages that contain salts such as sports drinks, and special rehydration fluids
- Choosing lightweight, light-colored, loose-fitting clothing and wear sunscreen
- Wearing hats that shade their face such as sun hats, visors, etc.
- Working slowly if they are not used to working or exercising in heat and humidity. Stop immediately if they get dizzy, nauseated, or feel weak. Go into an air conditioned space and drink cool liquids
- Using a buddy system. Watch others for heat-induced illness, since some people may not realize that they are suffering heat-related illnesses and can become confused or lose consciousness.

For additional information on heat stress visit www.cdc.gov/niosh/topics/heatstress, call Melissa Propp, SWNPHD Public Health Nurse at 308-345-4223 or visit us at 404 West 10th Street – one block north of Arby's in McCook. SWNPHD is on Facebook and Twitter. SWNPHD serves Chase, Dundy, Hayes, Hitchcock, Frontier, Furnas, Perkins and Red Willow counties.

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