



KANE COUNTY HEALTH DEPARTMENT  
MEDIA ADVISORY

FOR IMMEDIATE RELEASE

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**Check on well-being of neighbors during oppressive heat**

As hot and humid air continues to keep a grip on Kane County residents, the Health Department and Office of Emergency Management are urging residents to check on the well-being of neighbors, friends and families. Heat indices are projected to remain in the mid-90s, during which prolonged exposure increases the likelihood of heat-related disorders, such as sunstroke, muscle cramps, and/or heat exhaustion. Those at greatest risk for heat-related illness include infants and children up to four years of age, people 65 years of age and older, people who are overweight, and people who are ill or on certain medications.

“Even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death,” Health Department Executive Director Paul Kuehnert said. “If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.”

As the temperature rises, here are some simple tips to stay cool:

- Drink plenty of water and juice. Avoid alcohol and caffeinated beverage like pop or coffee because they can cause dehydration.
- Check on your family, friends and neighbors to make sure they are safe and comfortable. We all have a responsibility to help each other during these hot summer months.
- Do strenuous work or exercise early in the morning or late in the afternoon to avoid the peak temperatures of the day.

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Most Kane County municipalities offer places residents can go to cool off. Generally, these are public facilities such as libraries and municipal buildings. A link to Kane County cooling centers can be found on the Health Department's Web site [www.kanehealth.com](http://www.kanehealth.com).

The Health Department and Office of Emergency Management will continue to monitor the situation and are prepared to respond as circumstances demand.

#### Keeping Cool Tips for Everyone

- Stay in air-conditioned space at home, the library, the mall, movie theater or at a cooling center.
- Drink lots of water and natural juices. Avoid alcoholic beverages, coffee and colas.
- Keep shades drawn and blinds closed, but keep windows slightly open.
- Stay out of the sun and avoid going out in the heat.
- Keep electric lights off or turned down.
- Take cool baths or showers.
- Wear loose, light cotton clothing.
- Do not eat heavy meals. Avoid cooking with your oven.
- Avoid or minimize physical exertion.
- Do not sit in a hot car, even for a short time. Never leave a child in a hot car.
- Check on family members, friends and neighbors to make sure they stay cool and safe.
- If you or anyone you know needs emergency medical attention, call 911.
- It is against the law to open a fire hydrant. An open hydrant hinders the fire department's ability to fight fires, reduces water pressure in your home and may cause basement flooding.

#### Keeping Cool Tips for Your Pets

- Provide water and shelter from the sun at all times.
- Restrict activity during extreme heat.
- Never leave pets in parked vehicles. Even moderate heat rapidly increases and can kill the pet quickly.

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