



Sedgwick County...
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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

CONTACT: SEDGWICK COUNTY COMMUNICATIONS 316-660-9370 FAX: 316-383-7509

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Contact: Kristi Zukovich
316-660-9370

FOR IMMEDIATE RELEASE

Summer Heat Precautions

(Sedgwick County, Kansas) – With the high summer temperatures expected in Sedgwick County. Sedgwick County EMS would like to remind you of a few precautions you should take for heat related emergencies such as heat cramps, heat exhaustion and heat stroke.

1. Drink plenty of water, that's H₂O! Not soda, beer or other caffeinated beverages. Cold water works best.
2. Avoid lengthy exposures to heat. Try to schedule breaks.
3. Dress appropriately, light colored loose clothes. Wear a hat.
4. Avoid sun burning by using sun block and limiting time in the sun. On cloudy days you can still burn.
5. Check on family, friends and pets frequently during hot weather.
6. Do not leave children or pets unattended in a closed vehicle during hot weather, not even for a minute.
7. Try to schedule outside activities during the morning or evening hours.
8. Keep fans and air conditioners available during heat waves and schedule regular maintenance to keep them in working order.

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Watch out for symptoms such as weakness, cramps, dizziness or decreased level of consciousness. Some medications can increase your susceptibility to hot weather.

“When we get together with family and friends for outdoor gatherings, it is easy to over do our activities,” said Sedgwick County Commission Chairman Dave Unruh. “We hope that everyone will follow the precautions EMS offers, so we can prevent as many heat related emergencies as possible.”

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