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Established in 1945, DuPage County Health Department promotes physical and emotional health; prevents illness injury and disability; protects health from environmental risk factors, and strives to assure the provision of accessible, quality service.

June 15, 2018

FOR IMMEDIATE RELEASE

Health Department Offers Tips to Stay Cool During Extreme Heat

DUPAGE COUNTY— Summer is in full swing, and the local forecast is calling for warmer than normal temperatures this weekend. It's important to take precautions to avoid illness and injury while enjoying your time in the sun.

For a list of cooling sites available in DuPage County, visit the [DuPage County Community Resource Information System](#).

The DuPage County Health Department offers these safety tips to protect you and your family against sunburn and heat illness:

- Never leave anyone, including pets, alone in a closed, parked vehicle.
- Apply sunscreen with Sun Protection Factor (SPF) 15 or higher 30 minutes before going outside.
- Increase your intake of fluids, drink more liquid than your thirst indicates and avoid alcohol and caffeine.
- Wear lightweight, light-colored, loosing-fitting clothing.
- Be aware of heat-exhaustion symptoms: heavy sweating, weakness, dizziness, nausea, clammy skin, pale or flushed complexion, and fast and shallow breathing.
- If someone becomes overheated, move the person to a cooler place; remove or loosen tight clothing; apply cool, wet cloths; and give cool water to slowly drink.
- Be aware of heat-stroke symptoms: hot, dry skin, hallucinations, chills, throbbing headache, high body temperature, confusion/dizziness and slurred speech.

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- If you think someone is experiencing heat symptoms, call 911; quickly cool the person in a cool bath or apply wet sheets; if the person refuses water, is vomiting or shows a decreased level of consciousness, do not offer food or drinks.

For the Centers for Disease Control and Prevention's (CDC) tips to "Keep Your Cool in Hot Weather" visit <https://www.cdc.gov/features/extremeheat/>.

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