



7/17/15

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Excessive heat advisory issued

The Kane County Office of Emergency Management, Kane County Health Department and Kane County Animal Control Department are alerting residents that the National Weather Service has issued an excessive heat advisory for July 17, 2015 and will remain in effect until 8:00 PM on Saturday, July 18th. The NWS will issue an excessive heat advisory when a daytime heat index between 105 degrees and 115 degrees for three hours or nighttime lows greater than 80 degrees for two consecutive days are predicted.

An advisory is the third step in the NWS' four-step "outlook, watch, advisory, warning" system designed to keep people safe during a heat emergency. A list of cooling centers can be found at the County's website by visiting <http://www.countyofkane.org/Pages/Alerts.aspx>.

"Conditions are predicted to be dangerously hot. Our residents need to exercise caution when outdoors," Dan Eder, Assistant Director for Community Health Resources said. "We all need to check on our neighbors, especially if they are elderly or have chronic medical conditions."

A list of the cooling centers can be found by calling your municipality or by visiting the Health Department's Web site at www.kanehealth.com.

The effects of extreme heat conditions on the human body are cumulative. Follow these simple do's and don'ts to stay cool as the temperature increases:

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Do

- Use air conditioners or spend time in air-conditioned locations such as malls and libraries
- Use portable electric fans to exhaust hot air from rooms or draw in cooler air
- Take a cool bath or shower
- Minimize direct exposure to the sun
- Stay hydrated – regularly drink water or other nonalcoholic fluids
- Eat light, cool, easy-to-digest foods such as fruit or salads
- Wear loose fitting, light-colored clothes
- Check on older, sick, or frail people who may need help responding to the heat
- Know the symptoms of excessive heat exposure and the appropriate responses.

Don't

- Direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°f
- Leave children and pets alone in cars for any amount of time
- Drink alcohol to try to stay cool
- Eat heavy, hot, or hard-to-digest foods
- Wear heavy, dark clothing.

Pets can suffer from the same heat-related problems that humans do, such as overheating, dehydration and even sunburn. Your pets should always have an ample supply of cool, fresh water. If you have any concerns about your pet handling the hot weather, please contact your veterinarian.

More information about how you and your pets can cope with extreme heat is available by visiting the Health Department's Web site at www.kanehealth.com.