



## **Kane County Health Department**

July 19, 2016

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### **NWS issues Excessive Heat Watch**

The Kane County Office of Emergency Management and Kane County Health Department are advising residents that the National Weather Service (NWS) has issued an excessive heat watch in effect from noon Thursday, July 21, through 7 p.m., Friday, July 22. Temperatures are expected to reach the mid 90s on Thursday and mid to upper 90s on Friday and heat index values of 105 to 115 degrees. An Excessive Heat Watch means that a prolonged period of hot temperatures is expected. The combination of hot temperatures and high humidity will combine to create dangerous situation in which health illnesses are possible.

A watch is the second step in the NWS' four-step "outlook, watch, advisory, warning" system designed to keep people safe during a heat emergency.

A list of the cooling centers can be found on the Kane County Website by clicking [here](#), or by calling your municipality.

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

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.

(MORE)

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 Heat page at [kanehealth.com/heat.htm](http://kanehealth.com/heat.htm).

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