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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Sedgwick County EMS Provides Tips for Preventing Heat-Related Illnesses

(Sedgwick County, Kansas) – Sedgwick County EMS wants to remind citizens to take extra care of themselves during the extreme heat conditions. Heat-related illnesses, such as heat exhaustion and heatstroke, occur when a person's body can't keep itself cool. It is critically important to take care of yourself and loved ones during extreme heat conditions. The following tips will help citizens prevent heat-related illnesses:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. (Warning: If your physician generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot).
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.

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- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library.
- NEVER leave anyone in a closed, parked vehicle.
- Wear lightweight, light-colored, loose-fitting clothing.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure

"There are many outdoor activities that happen during the summer, and Sedgwick County wants to remind its citizens to use these tips to prevent heat-related illnesses and maintain healthy habits such as drinking plenty of water and using sunscreen to protect your skin," said Sedgwick County Commission Chairman Ben Sciortino.

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