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SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

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**FOR IMMEDIATE RELEASE**

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**SUMMER SAFETY WEEK 4: HEAT SAFETY**

(Sedgwick County, Kansas) – Since extreme or prolonged exposure to summer heat often can have adverse effects on our bodies, it is important to remember these heat safety tips:

- Drink plenty of fluids, mostly water.
- Avoid direct exposure to the sun and strenuous outdoor activities during the hottest time of the day, which is noon to 3 p.m.
- Purchase fans for your home and office. They provide an inexpensive alternative to air conditioning.
- Use SPF 15 or higher sunscreen that protects against UVA and UVB rays.
- Check the UV index if you will be spending a lot of time outdoors. An index of one is minimal and 10 is very high.

Here are some ways to stay cool without seeing a dramatic spike in your energy bills:

- Open windows, especially at night. Remember to close them again when you are not home to keep your belongings safe.
- Use ceiling and floor fans. They use far less energy than air conditioning.
- Hang dark curtains over windows that let a lot of light in.

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- Limit the use of heat-producing appliances, such as the oven and clothes dryer. Instead, do some summer cooking on the outdoor grill and hang laundry on a clothesline to dry.
- Close vents in the basement and in rooms that don't get much use so you aren't cooling those areas unnecessarily.

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