

DHD#10 HIGHLIGHTS TIPS AND TRICKS TO BEAT THE HEAT

As Temperatures Are Expected to Rise, Follow These Tips to Stay Safe

June 14, 2022 – With the weather forecast expected to be hot this week, District Health Department #10 (DHD#10) and the Centers for Disease Control and Prevention (CDC) are highlighting helpful tips and tricks to help beat the summer heat as temperatures rise.

“Summer is back, and so is the heat,” said DHD#10 Health Officer Kevin Hughes. “While many of us are excited to get outside and get back to our outdoor hobbies, it’s important to keep in mind that extreme heat and the sun are dangerous when not taking precautions. We want everyone to have fun and stay safe!”

DHD#10 encourages the community to safely enjoy the summer and Beat the Heat with these tips:

- **Know the warning signs and symptoms**
 - Heat-related illnesses are preventable
 - Learn the [symptoms](#) and what to do if you or a loved one shows signs of having a heat-related illness (<https://www.cdc.gov/disasters/extremeheat/warning.html>)
- **Keep your cool in hot weather**
 - Take measures to [stay cool](#), remain hydrated, and keep informed (<https://www.cdc.gov/nceh/features/extremeheat/index.html>)
 - Watch for high humidity and gauge personal factors that might put you at greater risk of heat-related illness.
- **Stay cool indoors**
 - In extreme heat, it’s best to stay in an air-conditioned space as much as possible. If your home does not have air conditioning, go to a public place such as a library or shopping center to cool down for a bit
 - Reach out to your local DHD#10 office to find any heat-relief shelters in your area
- **Wear sunscreen**
 - Sunburn makes it harder for your body to cool down and can also dehydrate you, putting you at greater risk for heat-related illness
 - Use a sunscreen with an SPF of 15 or higher before going out into the sun and reapply as directed
- **Do not leave children or pets in cars**
 - Cars can quickly heat up to dangerous temperatures regardless of the windows being left open
 - When getting out of the car, be sure to double-check that no infants, children, or pets have been left behind

For more info on ways to Beat the Heat, visit <https://www.cdc.gov/disasters/extremeheat/heattips.html>.

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