



Brown County
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PRESS RELEASE

Staying Safe in Extreme Heat

As we near the end of June, we are entering the peak for average daily high temperatures. This weekend we are forecasted to have temperatures with a heat index in the 100s, so it is important to listen to your body to prevent heat illnesses such as Heat Cramps, Heat Exhaustion, and the most severe, Heat Stroke.

During an extreme heat event it is important to never leave children or pets alone in closed vehicles. If the outside temperature is only 80° it can reach up to 99° in the vehicle within just 10 minutes, and 114° in just a half hour. Make sure you, your family, and your pets are drinking enough water, even if you don't feel thirsty in these high temperatures.

It is also a good idea to check in with family and friends who may not have air conditioning during this time, and consider spending the warmest part of the day in public buildings such as libraries, shopping malls, or community centers. If you must be outdoors in the heat, try to limit your activities to the morning or evening hours and drink plenty of fluids.

Heat related illnesses are important to keep an eye out for. Some signs of heat stroke, the most severe heat related illness, include hot, red skin; changes in consciousness; rapid, strong pulse; and rapid, shallow breathing. Body temperature can also become as high as 103°. Heat stroke is a medical emergency, and it is important that the victim gets help fast. Move the person to a cooler place and immerse them in a cool bath or wet sheets while fanning them. With any possible heat related illness, it is important to not give the victim any beverage with alcohol or caffeine, as these substances can make the conditions worse.

You can learn more about how to prepare and respond to extreme heat events at the Brown County Emergency Management website at:
<http://www.co.brown.mn.us/heat-emergency-2>