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FOR IMMEDIATE RELEASE

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**CARSON CITY HEALTH AND HUMAN SERVICES
NEWS RELEASE**

We Are Having a Heat Wave

Carson City, Nev. – The National Weather Service in Reno is predicting record high temperatures in Western Nevada over the next few days, resulting in increased risk for heat exhaustion and heat stroke. People who are at highest risk are the elderly, the very young, and those with chronic diseases or who are overweight, but even young and healthy people can get sick from the heat if precautions are not taken.

To protect yourself from heat-related illness and to ease the discomfort of hot weather, Carson City Health and Human Services recommends the following:

- **Stay in a cool location.** During the hottest part of the day, it may be a good idea to stay in the air-conditioning. If you do not have air conditioning at home, you could visit a friend who does, or a public location such as the library, a coffee shop, or the mall.
- **Drink plenty of fluids.** When it is very hot or if you are very active, be alert for signs of dehydration. Symptoms include a decrease in urination, a dry mouth and throat, and feeling dizzy when standing up. Pay special attention to young children to ensure that they are drinking enough fluid.
- **If you have to be outside, stay in the shade to avoid overheating.** Wear loose, lightweight, light-colored clothing and plenty of sunscreen.
- **Schedule outdoor activities carefully.** If you have to do strenuous outdoor activities like yard work or exercise, schedule them for early in the day before the temperature rises or late in the evening after it cools off. Pace yourself and do not overdo it.
- **Take cool showers or baths to cool down,** or visit the lake or a pool for a refreshing summer swim.
- **When the temperature rises, check on a friend or neighbor** and have someone do the same for you. This is especially important for elderly community members who are at higher risk of heat illness.
- **Do not leave children or pets in cars.** The temperature in a car can climb rapidly on hot days, putting occupants at risk of sickness or even death.

For more information on extreme heat and your health, go to:

<http://www.cdc.gov/disasters/extremeheat/warning.html>.

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