



**FOR IMMEDIATE RELEASE**

July 30, 2024

11:52 AM

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## **Extreme Heat in TRPHD District**

**KEARNEY-** Because of the extreme heat, Two Rivers Public Health Department is recommending everyone take precautions to avoid heat illnesses.

As temperatures soar and the summer heat wave continues, it's important to remain vigilant about the risks of heat-related illnesses. Heat exhaustion and heat stroke are serious conditions that can be life-threatening if not promptly addressed. It's crucial to take proactive measures to protect ourselves and others from the heat.

To avoid heat-related illnesses, follow these guidelines:

1. Stay hydrated: Drink plenty of water and avoid sugary or alcoholic beverages.
2. Dress appropriately: Wear lightweight, light-colored, and loose-fitting clothing.
3. Take breaks: Rest in the shade or in an air-conditioned environment.
4. Check on others: Keep an eye on elderly individuals, young children, and pets who are more susceptible to heat-related ailments.
5. **Be aware of the symptoms** of heat exhaustion and heat stroke:
  - Dizziness
  - Nausea
  - Headache
  - rapid heartbeat are indicators

If you or someone else is experiencing symptoms of a heat-related illness, seek medical attention immediately.

Let's all work together to stay safe and healthy during the summer months.

### **ABOUT TWO RIVERS PUBLIC HEALTH DEPARTMENT**

Two Rivers Public Health Department engages collaborative partners, community leaders and the public to promote healthy lifestyles, provide preventative education, assure environmental quality, and create more healthy and safe communities for all who live within the district. Follow TRPHD on Facebook and Twitter @2RPHD