

July 08, 2011

News Release

*For Immediate Release*

### **As Heat Returns, Take Precautions Against Heat's Risks**

The National Weather Service has issued a heat advisory to begin Sunday, July 10, 2011 lasting through Monday, July 11, 2011. The Springfield-Greene County Health Department urges residents to take steps to protect against heat-related illnesses, especially while enjoying activities through the holiday weekend.

Take precautions to protect against heat-related illness including:

- **Drink plenty of water**, even if you do not feel thirsty; avoid drinks that contain alcohol or caffeine.
- **Avoid strenuous work or exercise outside during the hottest part of the day.** If that is not practical, take frequent breaks and remember to drink plenty of water.
- **Check on senior adults, young children and pets.**
- **Stay in an air-conditioned facility;** if your home is not air conditioned, visit a shopping center, public library, community center, cooling center or other air-conditioned facility.

Exposure to hot and humid conditions can cause heat-related illnesses such as heat rash, heat cramps, heat exhaustion, heat stroke and death. When heat and humidity are high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions can increase risk of heat illness including age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use. Common signs and symptoms of heat-related illnesses are:

- Heavy sweating
- Dizziness
- Fainting
- Muscle cramps
- Headache
- Nausea or vomiting
- Growing pale
- Fatigue
- Exhaustion or weakness

If you are someone you know experiences any of these symptoms, seek relief from heat. **If symptoms persist, seek medical attention.**

The Springfield-Greene County Office of Emergency Management has opened the following cooling centers in Springfield, during normal business hours:

- American Red Cross, 1545 N West Bypass
- Salvation Army, 1707 W Chestnut Expressway (8:30 am — 4:30 pm)
- YMCA, 1901 E Republic Street
- YMCA, 417 S Jefferson
- Select Park locations are listed on the [Parkboard website](#).

Wehrenberg Theatres also offers an additional way to stay cool. When the National Weather Service issues a 'Heat Advisory', Wehrenberg Theatres will offer lower prices for any movie starting before 4 pm. Visit Campbell 16 Cine at 4005 South Ave. for more information.

For more information contact: Katie Towns-Jeter MPH, Public Information Administrator, 417-874-1205



### **Harold K. Bengsch Building**

227 E. Chestnut Expwy. • Springfield, MO 65802  
417-864-1658