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TO: DeKalb County News Media
FROM: DeKalb County Health Department

FOR IMMEDIATE RELEASE
Beat the Heat

Very hot and humid conditions are in the forecast the next few days, which may lead to an increased risk of heat related stress and illness, particularly for individuals who are very young, elderly, and participating in strenuous outdoor activities. With summer temperatures on a rise, DeKalb County Health Department (DCHD) is sharing tips from the Centers of Disease Control and Prevention to “Beat the Heat:”

Stay Cool

- Stay indoors: Stay in air-conditioned locations as much as possible.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family, and neighbors at least twice a day. These may include seniors and people with chronic health conditions.
- Never leave anyone, including pets, alone in a parked vehicle. The air temperature inside a car rises rapidly during hot weather and can lead to brain damage or death.
- **Cooling centers are available to provide an air-conditioned place where residents may go to cool off. During normal business hours, cooling centers would include public libraries, police departments, and Government owned buildings.**

Below are a few locations and their hours for the next several days:

- DeKalb Senior Center (330 Grove Street, DeKalb, M-F 9:00am-4:30pm)
- [DeKalb Public Library](#) (309 Pak Street, DeKalb M-Th 9:00am-9:00pm)
- [Genoa Public Library District](#) (240 W. Main St. Genoa, T-Th 10:00am-8:00pm)
- [The Sycamore Center](#) (308 W State Street, M-F 8:30am-5:00pm)
- [Sandwich Public Library District](#) (925 South Main Street, Sandwich (M-Th 10:00am-8:00pm, F 10:00am-5:00pm)

Stay Hydrated

- Drink more water than usual and don’t wait until you’re thirsty to hydrate.
- Avoid alcohol or beverages with high amounts of sugar.

Stay Informed

- Check the local news for extreme heat warnings.
- Know the signs of heat-related illness: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- Heat exhaustion can lead to heat stroke, which can cause death or permanent disability unless immediately treated. Symptoms of heat stroke include an extremely high body temperature (above 103°F); red, hot, and dry skin; rapid breathing; racing heart rate; headache; nausea; confusion; and unconsciousness. If heat stroke is suspected, call 911 immediately.

For more information about staying cool during the summer months, follow DCHD on social media and visit <https://www.cdc.gov/cpr/infographics/beattheheat.htm> or [Extreme Heat | Natural Disasters and Severe Weather | CDC](#)

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