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Weather Service issues Heat Advisory for Friday afternoon

With the thermometer expected to rise into the 90s and the humidity climbing to uncomfortably high levels, the Kane County Health Department is urging residents to take precautions as these conditions can lead to heat illness.

The National Weather Service has issued a heat advisory for Kane County that will be in effect from 11 a.m. Thursday to 7 p.m. Friday. The Centers for Disease Control and Prevention lists the symptoms and treatment for heat stroke, heat exhaustion and other heat-related ailments here: www.cdc.gov/niosh/topics/heatstress.

Keep cool with these tips:

- Go to a public air-conditioned environment, such as libraries malls or other public buildings.
- Avoid hot foods and heavy meals—they add heat to your body.
- Drink plenty of fluids and replace salts and minerals in your body. Do not take salt tablets unless under medical supervision.
- Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.

Do not:

- Direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°f

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- Never leave infants, children, or pets in a parked car, where temperatures can rapidly climb to fatal levels.
- Drink alcohol to try to stay cool
- Eat heavy, hot, or hard-to-digest foods
- Wear heavy, dark clothing

More information about coping with extreme heat is available by visiting the Health Department's Web site at www.kanehealth.com/heat.htm.