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### Take Precautions In Excessive Heat

With an Excessive Heat Warning issued for northern Illinois until tomorrow evening, the Cook County Department of Public Health is urging all residents to stay safe. Hot temperatures and high humidity may combine to create a dangerous situation in which heat-related illnesses are possible.

“This weather can be very dangerous,” said Cook County Department of Public Health Chief Operating Officer, Dr. Terry Mason. “It is important for residents to take care in the heat by increasing their fluid intake and reducing their outdoor activities.”

A list of cooling centers in suburban Cook County can be found at The Cook County Department of Homeland Security and Emergency Management website: <http://www.cookcountyhomelandsecurity.org/news/cooling-centers-open-across-cook-county-during-excessive-heat-watch>

Cook County residents are encouraged to remember these tips for keeping safe in extreme heat:

- Drink 1 to 1-1/2 quarts of fluid daily to prevent dehydration. Water, fruit juices and juice drinks are the best choices. Avoid alcohol and caffeine because they dehydrate the body.
- Wear light-colored, lightweight clothing. If you must go outside during the hottest part of the day, wear a hat.
- Avoid overexertion and strenuous outdoor activities.
- While outdoors, rest frequently in a shady area.
- Never leave children, the elderly or pets in a parked car, not even for a few minutes. Brain damage or death can occur from the rapid rise of temperature inside the vehicle.
- Make a special effort to check on neighbors, especially if they are seniors, families with young children, people with special needs, or living alone.

For more information, visit the U. S. Centers for Disease Control and Prevention (CDC) at:  
<http://www.cdc.gov/features/extremeheat/index.html>