



150 W. Jefferson Street, Joliet IL 60432

Media Release

Contact: Communications Office 815.724.4462 [rbarker@jolietcity.org](mailto:rbarker@jolietcity.org)

---

July 23, 2010

## Beat the Heat! IEMA's Extreme Heat Safety Tips

With extreme temperatures and heat in the greater Joliet area, the City of Joliet Emergency Management Division echoes the Illinois Emergency Management Association (IEMA) extreme heat precautions, recognizing July as part of its 12 – Month Preparedness Campaign.

Extreme temperatures approaching and exceeding the 90s and 100s create unsafe and hazardous conditions for children, seniors, those with special needs and pets. IEMA reports that warm temperatures coupled with high levels of humidity accelerate heat related illnesses and caution that this applies in direct sun or shade.

Heat-related illnesses range from heat cramps to the potentially life-threatening heat stroke. It is important for people to recognize the symptoms of these maladies and know what actions to take if they or someone near them becomes ill. Symptoms and recommended treatment actions include:

- **Heat Cramps:** Twitching or painful spasms, usually in muscles of legs or abdomen during or after heavy physical activity, as well as heavy sweating and thirst. Treatment includes stopping activity and resting in a cool place. Lightly stretch or gently massage muscles to relieve spasms, and give sips of cool water or electrolyte drink to sufferer.
- **Heat Exhaustion:** Heavy sweating, with cool, pale and clammy skin. Pulse is fast and weak and breathing is fast and shallow. Victim will have normal temperature or a low-grade fever. Fainting, vomiting, dizziness, nausea and headache are common. Treatment includes having the victim lie down in a cool place. Apply cool, wet cloths and give sips of cool water or electrolyte drink. Contact doctor if symptoms worsen or do not improve within 30 minutes.
- **Heat Stroke:** High body temperature of 103 -106 degrees F. Victim will have hot, red, dry skin, and sweating may be heavy or have stopped. Breathing is fast and shallow, and other symptoms include headache, nausea, dizziness and confusion, with possible unconsciousness or seizure. Heat stroke is a life-threatening medical situation requiring emergency medical treatment.

Tips on how to protect yourself and others from heat-related illnesses are available on the state's *Ready Illinois* website ([www.Ready.Illinois.gov](http://www.Ready.Illinois.gov)). Some of those tips include:

- Avoid overexertion and strenuous outdoor activities during extreme heat.
- Consume plenty of non-alcoholic, non-caffeinated fluids, even if you don't feel thirsty.
- Exposure to air conditioning for even a few hours a day will reduce the risk for heat related illness.
- Keep lights in your home low or off, keep shades drawn and avoid using the oven.
- Closely monitor children, the elderly and those who require special care during periods of intense summer heat.
- Do not leave children or pets in a closed vehicle, even for a few minutes. On a hot day, temperatures inside a closed vehicle can reach 140 degrees F.

For additional tips on staying cool and reducing cooling costs during the summer, visit the state of Illinois' Keep Cool Illinois website at [www.keepcool.illinois.gov](http://www.keepcool.illinois.gov).

The City of Joliet is the fourth largest city in the state of Illinois, located just 45 miles southwest of Chicago's Loop. Home to over 152,000 residents, in addition to thriving businesses and attractions, the City of Joliet is easily accessible by rail, auto and bus transit. A perfect place to live, work and play, Joliet is constantly striving to promote growth and diversity. For more information on Joliet visit [www.visitjoliet.org](http://www.visitjoliet.org) or call 815.724.4000.

###