



Ford County Public Health Department

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For Immediate Release

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FORD COUNTY HEALTH DEPARTMENT URGES PUBLIC TO TAKE EXCESSIVE HEAT WARNINGS INTO CONSIDERATION WHEN PLANNING YOUR DAY

Ford County Public Health Department (FCPHD) is committed to informing the public about severe weather safety and preparedness. An Excessive Heat Warning is in effect into this weekend with NOAA (National Oceanic and Atmospheric Administration) reported heat index values reaching 100°- 110°.

According to Illinois Department of Public Health Director, Nirav D. Shah, M.D., J.D., “High heat and humidity can lead to serious health problems. It’s important for people to recognize the signs of heat-related illness and take action to prevent becoming sick. Take steps to stay cool, increase your fluid intake, decrease your activities and wear appropriate clothing.”

Illinois Department of Public Health Safety Tips for Heat Include:

Stay Cool

- Stay in air-conditioned buildings. **(Ford County Residents seeking a cooling center are encouraged to visit their local library during normal library business hours in Paxton, Gibson City, Melvin and Piper City)**
- Do not rely on fans as your primary cooling device.
- 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 members and neighbors at least twice a day. These may include seniors and people with chronic health conditions.

Stay Hydrated

- Drink more water than usual and don’t wait until you’re thirsty to hydrate.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or beverages with high amounts of sugar.

Stay Informed

- Check the local news for extreme heat warnings.
- Visit www.dph.illinois.gov for heat related information.

Never leave anyone including pets, alone in a closed, parked vehicle. The air temperature inside a car rises rapidly during hot weather and can lead to brain damage or death.

For additional information on how to handle excessive weather, visit www.iema.illinois.gov. Preparedness tips are also posted on Illinois Emergency Management Facebook (www.facebook.com/ReadyIllinois) and Twitter (twitter.com/ReadyIllinois) pages.

For additional information or assistance please contact the Ford County Public Health Department. You can visit our website (www.fordcountyphd.org) follow us on Twitter, or like us on Facebook.

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