Beat the Heat - Stay Cool

The National Weather Service (http://www.weather.gov/) issued a heat advisory for St. Clair County effective at noon on Tuesday, September 6, 2016 until 7:00 p.m. Wednesday.

Heat index values are expected to climb to 105 degrees due to temperatures in the mid 90s and dew points in the low to mid 70s.

The hot humid conditions will lead to increased risk of heat related stress and illness. The very young, the elderly, those without air conditioning and anyone participating in strenuous outdoor activities will be most susceptible. Also, car interiors can reach lethal temperatures in a matter of minutes. Extreme heat kills more people than hurricanes, floods, tornadoes and lightning combined, according to the National Weather Service.

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs, according to the Centers for Disease Control (http://www.cdc.gov/disasters/extremeheat/heat_guide.html) (CDC).
But heat related deaths are preventable by simply following a few steps recommended by Ready.gov (https://www.ready.gov/heat):

- Stay indoors as much as possible, limit exposure to sun and wear sun screen if you are outdoors.
- Never leave children or pets in closed vehicles.
- Postpone outdoor games and activities.
- Drink plenty of water, even if you do not feel thirsty. Avoid drinks with caffeine. Limit alcoholic beverages.
- Listen to NOAA Weather Radio update from the National Weather Service.
- Dress in loose-fitting, light-weight clothing that covers as much skin as possible. Avoid dark colors because they absorb the sun’s rays.
- Avoid strenuous work during the hottest part of the day.
- Check your animal frequently to make sure they are not suffering from heat and have fresh drinking water.
- Dial 211 for a listing from United Way of cooling shelters in the area.

![NWS Heat Index](image-url)