



Press Release

For Immediate Release

July 17, 2019

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Health Department Warns of Excessive Heat

Extreme heat is forecasted throughout the next several days for Johnson County. The National Weather Service reports that the area will see temperatures in the 90s with the heat index ranging from 100° to near 110°. These temperatures are expected to last from Wednesday afternoon through Saturday evening.

“The high temperatures and heat index lead to increased risk for heat-related illnesses,” stated Sam Jarvis, Emergency Preparedness Planner. “It is extremely important that the community know to drink plenty of water and wear the appropriate clothing,” which is lightweight, light-colored, and loose fitting.

Heat-related injuries and deaths are preventable. “Practicing heat safety makes a difference.”

Heat safety tips include:

- Stay hydrated and take breaks in the shade as often as possible
- Check on the elderly, sick and those without air conditioning
- Never leave kids or pets unattended in vehicles
- Limit strenuous outdoor activities, find shade, and stay hydrated

Be aware of the signs of heat exhaustion or heat stroke.

- Heat exhaustion symptoms include: heavy sweating, cold, pale and clammy skin, nausea or vomiting, muscle cramps, headache or fainting
- Heatstroke symptoms include: high body temperature, hot, red, dry skin, fast pulse, headache, dizziness, nausea or confusion

If you think a person may be experiencing heatstroke, seek immediate medical help by calling 911.

Public places such as malls, libraries, and senior centers are air conditioned and open to the public during business hours as daytime cooling centers.

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