



PRESS RELEASE
FOR IMMEDIATE RELEASE
Contact: Undersheriff Mike Downey

KANKAKEE COUNTY SHERIFF'S OFFICE UNDERSHERIFF MIKE DOWNEY OFFERS SOME SAFETY TIPS TO DEAL WITH HOT WEATHER

Undersheriff Mike Downey warns area residents to be cautious during this extreme hot weather we are currently experiencing. "Common sense and moderation is the key to surviving this kind of heat," advised Undersheriff Downey. Here are some common tips to help during a hot weather period.

1. Stay indoors and in an air-conditioned environment as much as possible.
2. Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar.
3. Wear light-colored and loose-fitting clothing, a hat, sunglasses and sunscreen of SPF15 or higher when outdoors.

Additionally Undersheriff Downey advises our residents to know the symptoms of heat stroke which is a life-threatening, heat- related illness.

1. A very high body temperature (above 103 degrees Fahrenheit)
2. Rapid, strong pulse
3. Throbbing headache
4. Red, hot and dry skin with no sweating
5. Dizziness/Nausea
6. Confusion
7. Unconsciousness

If you observe someone has heat stroke call for medical attention immediately, get the victim out of the sun to a shady area.

Also be a good neighbor and check frequently on people who are elderly, ill or may need help.