

FOR IMMEDIATE RELEASE

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Beat the Heat

The Putnam County Health Department is advising residents to take extra precautions to prevent heat-related illnesses and deaths this summer. Temperatures in the upper 90's combined with high humidity can produce heat indexes over 100 degrees.

"This is our first dose of summertime heat, so it's a good time to remind people of the dangerous effects of high temperatures," said Ericka Klingner, the health department administrator. "Infants, young children, and the elderly are especially susceptible to heat-related illnesses."

Avoid prolonged work in the heat or in poorly ventilated areas. Drink plenty of water or other liquids, but avoid caffeine and alcohol. When possible, people should stay in air-conditioned areas.

Animals are also at risk from the heat. Pet owners should make sure their pets have access to cool, fresh water at all times. Outdoor pets should also have access to a shaded area, and if possible should be kept inside during the hottest part of the day.

Children and pets should never be left unattended in closed vehicles. On warm days, the temperature inside the vehicle can rise to dangerous levels in just minutes, leading to death. If you see a child or pet alone in a parked car in the summer, alert law enforcement immediately.

The Putnam County Health Department is committed to the protection and enhancement of health and the quality of life for all members of our community. For more information call 660-947-2429 or visit www.putnamcohealthdept.org.

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