



Promoting and protecting public health

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DC Health Department Says “Stay Cool!”

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Omaha - Douglas County Health Director, Adi Pour, Ph.D., is reminding everyone to be careful when doing anything outdoors in the late-summer heat.

“People in Douglas County love to be outdoors, but the extreme heat that has been forecast for the area will make for potentially dangerous conditions,” Dr. Pour said. “Keeping safe is the smart thing to do, and it’s easy.”

Some general safety tips to prevent heat-related illnesses such as heat stroke, heat exhaustion and sunburn:

- NEVER leave a person or an animal in a closed, parked vehicle.
- Drink plenty of fluids, but avoid drinks with alcohol, caffeine or large amounts of sugar. Water is the best drink.
- Outdoor activities should be limited to the cooler morning and evening hours. Athletes who are practicing outdoors especially need to remain hydrated.
- Those 65 years of age or older are more at risk and people can help by checking on their elderly neighbors.
- A sunscreen of SPF 15 or higher should be used when outside.

With temperatures expected to reach 100 degrees and high humidity forecast into early next week, the area will be experiencing some of the most physically challenging conditions of the summer.

“You are your best protection against heat-related illness,” Dr. Pour said. “Please be careful.”

www.douglascountyhealth.com.

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