



**McHenry County  
Department of Health**

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**FOR IMMEDIATE RELEASE**

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**Protect yourself against heat-related illness**

**Woodstock IL** – Heat stroke and dehydration can strike with little warning. With high temperatures and humidity expected to continue, McHenry County Department of Health (MCDH) urges residents to take preventive steps to avoid heat-related illness, such as heat stroke and heat exhaustion.

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves through sweating. Patrick J. McNulty, MCDH's Public Health Administrator, states "It's very important for people to recognize the signs of heat-related illness to prevent being sick. High heat and humidity can lead to serious health problems." Symptoms of heat exhaustion include dizziness, weakness, headaches or cramps, nausea and fainting. Warning signs for heat stroke are rapid pulse, high body temperature and skin that is red and dry.

Although any one can suffer from heat-related illness, some people are at greater risk. During prolonged periods of hot, humid weather, extra caution should be taken by the elderly, small children and chronically ill persons. If there is no air conditioning in the home, residents should find relief in public facilities. Simple steps such as drinking more fluids, wearing light-weight clothing, wearing a hat and avoiding being outdoors during the hottest part of the day (10am-3pm) can reduce your risk. If you must be outside, take regular breaks and rest in a shady or cool area.

For more heat-related safety tips, visit the Centers for Disease Control and Prevention [http://www.bt.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp).

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*"Working to prevent disease and promote health and safety for all people of McHenry County since 1966."*