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News Release

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FOR IMMEDIATE RELEASE

Protect yourself from heat-related illness

(Las Vegas, Nev., - June 19, 2003) – In light of the recent heat-related deaths the Clark County Health District is issuing a reminder to the public to exercise appropriate precautions when participating in outdoor activities during the summer months.

“Heat-related illnesses can range from more minor ailments such as heat rash to heat stroke, a life-threatening condition, said Dr. Donald Kwalick, chief health officer for the health district.

“While we experience extremely hot temperatures in this area people can still work outdoors and enjoy recreational activities if they drink plenty of fluids, avoid alcoholic beverages and eat light meals. It is also recommended that people learn to recognize the symptoms of heat-related illness so they can respond immediately and appropriately.”

Additionally, people should try to limit their activities to mornings and evenings. Older people, children and people with conditions such as obesity, heart disease and poor circulation are at greater risk of experiencing illnesses associated with extreme heat.

Fact sheets containing information about heat-related illness and extreme heat conditions are located on the health district website at www.cchd.org. Information is available in both English and Spanish.

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