

## Red Cross Urges Safety In Hot Weather

(KAIR)--With very hot weather predicted for most of Kansas this weekend, the American Red Cross is urging everyone to stay safe as the temperatures rise.

Communications Director for the Kansas Red Cross Meghan Spreer says that some serious medical issues can arise in hot weather such as heat stroke, which can be very serious. Symptoms of heat stroke include hot or red skin, changes in consciousness, and a high body temperature. If someone shows any signs of heat stroke, 911 should be called right away.

Spreer says that if someone is showing signs of heat exhaustion, the best thing you can do is to move them to a cooler place, remove or loosen tight clothing, and apply cool, wet cloths to the skin.

Spreer adds that there are steps that can be taken to minimize the risk of succumbing to a heat related injury. People are encouraged to stay indoors if possible, taking frequent breaks and making sure that loved ones without air conditioning have enough fans to keep them cool.

Spreer also offers other tips to stay safe in warmer weather such as avoiding prolonged work outdoors, using a buddy system in excessive heat, and to never leave children or pets alone in an enclosed vehicle.

Many Signals Communications