

Red Cross Urges Safety In Hot Weather

(KAIR)--With the recent rash of hot weather across the local region, the American Red Cross is urging everyone to stay safe as the temperatures rise.

Executive Director for the Northwest Missouri Kansas Red Cross Angie Springs says people can work together to ensure that everyone can escape the heat. "We at the Red Cross would like to remind people...make sure you are checking on your neighbors and your friends, maybe they don't have air conditioning, the ones that live alone, They are the more vulnerable ones to be impacted by heat. Make sure you are checking on them, and that they are staying cool. Maybe inviting them over to enjoy your air conditioning.:

Springs says that just applying sunscreen, drinking plenty of water, and staying out of the sun can go a long way to preventing a heat related injury.

Springs adds there are steps you can take to assist someone who may be suffering from a heat related injury. You want to cool them down, so apply a cool cloth to their neck and forehead, but if you notice someone having a heat related emergency, the best thing you can do is to call 911, because the situation can get very serious.

Springs says there are also free apps available for cell phones that can walk you through how to help someone in an emergency, as well as give you tips on how to recognize the signs and symptoms of a heat related illness.

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