

Excessive Heat Warning Issued Across Kansas, Use Caution

**The Kansas Department of Health and Environment (KDHE) advises people to use caution during the extreme heat that is anticipated to last for several days.**

**“The best defense against heat related illness is prevention,” said KDHE Chief Medical Officer Dr. Greg Lakin. “Staying cool and making simple changes in fluid intake, activities and clothing during hot weather can help you remain safe and healthy.” According to the National Weather Service, heat indices are forecasted to be from 100 to 109 degrees in many parts of Kansas through Saturday.**

**The Centers for Disease Control and Prevention (CDC) notes that more than 600 people in the United States are killed by extreme heat every year. People who face the highest risk of heat-related illness include infants and young children up to four years of age, adults over age 65, people who have chronic medical conditions (such as heart disease or obesity), those taking certain medications and people who work or exercise in extreme heat.**

**The CDC has some tips for preventing heat-related illness including: Stay Cool: Choose lightweight, light-colored, loose-fitting clothing. Stay in an air-conditioned place as much as possible. Taking a cool shower or bath or moving to an air-conditioned place is a good way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.**

**Schedule Outdoor Activities Carefully: Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.**