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KDHE Offer Tips to Stay Cool in Heat

With heat advisories in effect further west in Kansas and advisories expected later this week in our area, the Kansas Department of Health and Environment are offering tips to the public to stay cool.

Tom Langer, Director of Environment with KDHE suggests common sense tips for individuals as the heat turns up.

(Play Audio) RT: :18

However, some may not make those decisions and heat exhaustion ensues, but it can also strike anyone at a moment's notice.

(Audio Continues) RT: :36

If precautions like getting into a cool place or replenishing fluids doesn't occur, Langer says the body will go into a state of heat stroke.

(Audio Continues) RT: :32

Langer also says to apply sunscreen to protect from sunburn.

If heat cramps develop, get to a cool place and replenish with clear juice or a sports beverage and not return to strenuous activity for a few hours.

Many Signals Communications