



NEWS RELEASE

St. Charles County Government

Department of Community Health and the Environment

Gil Copley, Director

FOR IMMEDIATE RELEASE: June 18, 2009

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Beat the Heat

People and pets need to take precautions in the summer

St. Charles County, Missouri – The St. Charles County Department of Community Health and the Environment is advising residents to take extra precautions to prevent heat-related illnesses and deaths this summer. The National Weather Service has issued a heat advisory for the St. Louis metropolitan area through Thursday evening. Temperatures in the upper 90's combined with high humidity will produce heat indexes near 105.

“This is our first dose of summertime heat, so it’s a good time to remind people of the dangerous effects of high temperatures,” said Gil Copley, director of the Department of Community Health and the Environment. “Infants, young children, and the elderly are especially susceptible to heat-related illnesses.”

Copley advised residents to avoid prolonged work in the heat or in poorly ventilated areas. Drink plenty of water or other liquids, but avoid caffeine and alcohol. When possible, people should stay in air-conditioned areas.

Animals are also at risk from the heat. Theresa Williams, the director of humane services for St. Charles County, says pet owners should make sure their pets have access to cool, fresh water at all times. Outdoor pets should also have access to a shaded area, and if possible should be kept inside during the hottest part of the day.

The Department of Community Health and the Environment also reminds residents that children and pets should never be left unattended in closed vehicles. On warm days, the temperature inside the vehicle can rise to dangerous levels in just minutes, leading to death. If you see a child or a pet alone in a parked car in the summer, alert law enforcement or animal control immediately.

The St. Charles County Department of Community Health and the Environment is committed to the protection and enhancement of health and the quality of life for all members of our community. For more information, call (636) 949-7400 or visit www.scchealth.org.

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