



# ***NEWS RELEASE***

## **St. Charles County Government**

**Department of Governmental Communications**

*Lisa Dunham, Director  
(636) 949-1892*

### **Hot Weather Warning**

*Residents urged to take precautions to prevent heat-related illness*

FOR IMMEDIATE RELEASE

Monday, July 17, 2006

Nancy Duncan, Director of Division of Public Health 636-949-7407

Julie Burkemper, Public Information Officer - 636-949-7408

**St. Charles County**— The St. Charles County Department of Community Health and the Environment is advising all residents to take extra precaution this summer to prevent heat-related illnesses and deaths. This action follows the issuing of an excessive heat warning issued by the National Weather Service.

Residents who engage in outdoor activities, the elderly and the very young are most vulnerable to the effects of high temperatures, according to Gil Copley, director of the St. Charles County Department of Community Health and the Environment. Copley urged all residents to avoid vigorous outdoor activity during the hottest part of the day. Those who must be outside should drink plenty of water and avoid caffeine and alcohol. The best way to beat the heat is to spend time in an air-conditioned area. If air conditioning is not available at home, residents should consider spending time in a shopping mall, public library or other air-conditioned location. The effect of heat on the body is cumulative and periodic cooling lowers the risk of illness. Cool showers or baths help the body cope with the stress caused by excessive heat.

Copley stressed that infants, young children and the elderly are especially susceptible to heat. Do not leave children in parked cars and periodically check on elderly friends and relatives. Parents and caregivers should be especially watchful if children play outside and should make sure they drink water and cool off periodically.



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Anyone experiencing heavy sweating with muscle cramps, weakness, dizziness, headache, nausea or vomiting should rest immediately in a cool area, cool down with a shower or bath and drink non-alcoholic beverages. If symptoms do not go away, in an hour or less, medical attention should be sought.

Anyone experiencing high temperature, red, hot and DRY skin (no sweating), a rapid, strong pulse, a throbbing headache, dizziness, nausea and confusion or unconsciousness should seek IMMEDIATE medical attention.

“In past years, the majority of heat-related illnesses reported to us have been in teenagers or adults who are overdoing it in outside recreational or employment settings”, Copley said. “Yard work is another cause of reported illnesses. The current heat is more persistent, and as a result, more dangerous than usual.” Copley is urging all residents, including those noted above, to be extra cautious.

Copley also urged residents to take steps to make sure that family pets do not fall victim to the heat. Pets should have access to cool, fresh water at all times. Pets should have access to a shaded area, and if possible, should be kept inside during the hottest part of the day.

Additional information on heat-related illness can be found on the Missouri Department of Health website at <http://www.dhss.state.mo.us/Hyperthermia/HeatPrecautions.html>.



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### **St. Charles County area cooling sites are listed below:**

#### **63301**

The Salvation Army - St. Charles Corps  
2140 N. Fourth Street  
636-946-7966

Open from 8:30 a.m. to 4:30 p.m., Monday through Friday. Maximum capacity 50.

St. Charles Senior Center (MEAAA)  
1455 Fairgrounds

636-949-0658

Open from 8:00 a.m. to 3:00 p.m. Maximum capacity 310.

#### **63366**

The Salvation Army - O'Fallon Corps and Emergency Lodge  
#1 William Booth Dr.  
636-240-4969

Open from 8:30 a.m. to 4:30 p.m., Monday through Friday. Maximum capacity 50. Some extended hours may be available during heat warnings.

O'Fallon Senior Center (MEAAA)  
106 North Main

636-272-4180

Senior Citizens only. Open from 8:00 a.m. to 3:00 p.m., Monday through Friday.

#### **63376**

St. Peters Senior Center (MEAAA)  
108 McMenamy Road  
636-278-2410

Senior Citizens only. Open from 8:00 a.m. to 3:00 p.m., Monday through Friday.

#### **63379**

Lincoln County Council on Aging  
1380 Boone Street  
Troy, MO

636-528-7000

Senior Citizens only. Open from 8:00 a.m. to 4:00 p.m., Monday through Friday.

#### **63383**

Warren County Council on Aging  
636-456-3379  
501 Ashland

Open from 8:00 a.m. to 4:00 p.m., Monday through Friday.

#### **63385**

Wentzville Senior Center (MEAAA)  
506 South Linn Street  
636-327-8720

Senior Citizens only. Open from 9:00 a.m. to 3:00 p.m., Monday through Friday.

Progress Park Gymnasium  
Meyer Road at Wentzville Parkway  
Mon.-Fri. 6am-9pm Sat. 8am-9pm Sun. 12pm-6pm