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**FOR IMMEDIATE RELEASE**

## **Health District urges South Central Idaho residents to seek shade and shelter as temperatures rise**

TWIN FALLS – South Central Public Health District (SCPHD) officials are urging residents to prepare for extreme heat today and tomorrow as meteorologists forecast nearly triple digit temperatures. The CDC warns, on average, 600 people die in the U.S. from extreme heat every year.

“Heat illnesses are avoidable if you stay cool and hydrated,” said MaryAnn Doshier, Health Education Specialist with the SCPHD. “One simple rule to follow: if your shadow is shorter than you, find shade!”

The CDC warns extreme heat can lead to dangerously high body temperatures, brain and organ damage, even death. People suffer heat-related illness when their bodies are unable to cool down properly. Children under two years old, adults over 65 years old, people who work outdoors, and people with chronic medical conditions are especially at risk.

Doshier recommends checking on neighbors and family who may be at risk, especially if they are taking medications or do not have access to air-conditioning, “If you are hot, most likely your neighbor is too. Check in on them if you aren’t sure they have a means of keeping themselves cool. Children, older adults and pets can also be susceptible to dehydration, so make sure they are drinking plenty of water.”

Doshier recommends:

- Limit outdoor activity, especially at midday when the sun is hottest
- Wear and reapply sunscreen at least every 80 minutes when outdoors
- Drink extra water, don’t wait until you are thirsty
- Wear loose, lightweight, light-colored clothing
- Visit public buildings, like libraries and community centers, if you don’t have air conditioning
- NEVER leave children or pets in cars, even if the windows are partially open
- Check on a friend or neighbor regularly and have someone do the same for you

For more information visit: [https://www.phd5.idaho.gov/summer-safety/#heat\\_safety](https://www.phd5.idaho.gov/summer-safety/#heat_safety) or <https://www.cdc.gov/features/extremeheat/>

The CDC has also designed an app that gives real-time heat indexes, hourly forecasts, and safety recommendations for your area from OSHA and NIOSH. More information here:

<https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>