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**Tuesday, July 19, 2011**  
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## Health officials list tips for staying safe in extreme heat

With the hottest temperatures of the season upon us, health officials say there are things residents can do to ward off heat-related illnesses.

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-

conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.

- Electric fans provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- Never leave anyone in a closed, parked vehicle.

See **HEAT** on other side



**OPERATION SPACE**  
 Vacation Bible School  
**July 25-29 6-8 p.m.**  
 To preregister, call the church,  
 (217) 283-9330 or go to  
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## Heat continued from other side

• Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:

- Infants and young children
- People aged 65 or older
- People who have a mental illness
- Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch for signs of heat exhaustion or heat stroke. Infants and young children need much more frequent watching.

If you must be out in the heat:

- Limit activity to morning and evening hours.

## Police News

Marcia E. Lund-Crabtree, 66, of Rossville, was arrested at 4:36 p.m. Sunday after police were called to the 700 block of East Orange. Wanted on an Iroquois County warrant for failure to appear/contempt of court, she was taken to the Public Safety Building, Danville, to await extradition to Iroquois County.

- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.

- Try to rest often in shady areas.

- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

Remember that heat affects pets, too. If possible, bring pets inside. Pets who must remain outside should have plenty of fresh water and a shady spot to rest in.

## Weather

Excessive heat warning through 7 p.m. Friday. Today, chance of thunderstorms. High 93. Tonight, partly cloudy. Low 73. Tomorrow, mostly sunny. High 94, low 75.

For current weather conditions, call Hoopeston Weather Service, (217) 283-6221.

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