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***** FOR IMMEDIATE RELEASE*****

*****Heat PSA*****
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High temperatures are expected during the Fair this week. Extreme heat is dangerous for all persons but especially the very young, senior citizens, and those with chronic medical conditions. These groups of vulnerable people have a harder time regulating their body temperature.

Some tips for hot weather include:

- Drink plenty of water and other non-alcoholic beverages. This includes drinking about 16 ounces of water each hour if you are doing strenuous activity while outdoors.
- Dress in loose fitting, lightweight, and light colored clothes.
- Protect your face and head by wearing a wide brimmed hat.
- Pace your outdoor activities. There are several Fair activities that take place indoors.
- While indoors, use an air conditioner if possible. Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Check on family, friends, and neighbors who do not have air conditioning.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Never leave any person or animal in a closed vehicle.

If you or someone you know is experiencing heat related problems, please contact your private medical provider with any questions.