



EXTREME HEAT

Heat Stroke

What To Look For	What Can You Do?
103 or higher body temp	Call 911
Red or damp skin	Move to a cooler place
Dizziness, nausea	Do not give person a drink
Passing out	Cool clothes or bath

Heat Exhaustion

What To Look For	What Can You Do?
Cold, pale, clammy skin	Cool or wet clothes on body
Fast, weak pulse	Move to a cooler place
Dizziness, muscle cramps	If symptoms last >1hr get medical help
Passing out	Sip water

Sunburn

What To Look For	What Can You Do?
Blisters on skin	Avoid sun until burn heals
Pale, red, and warm skin	Cool cloths or bath

The Kendall County Health Department has many resources, including a list of cooling centers in the county.

Phone- 630-552-9100

The Center For Disease Control (CDC) offers many more tips on protecting yourself from heat related illnesses.

Phone- 800-232-4363





TORNADOS

TIP	Staying Safe During Tornado
Know the visible signs such as funnel clouds, clouds of debris, or a loud roar.	Go to a pre-determined safe location that you have identified
Pay attention to weather reports to make the best plan for you and your family.	Pay attention to the alerting systems for up to date emergency information!
If you do not have a safe room, go to a small, interior, windowless room or basement on the lowest level of a sturdy building.	Protect your body by covering your head and neck with your arms. Put large items such as furniture around you.

If a tornado hits, be safe during the aftermath period.

1. Pay attention to the updated information released from local authorities.
2. Be aware of fallen powerlines and broken utility lines.
3. Protect yourself- wear thick shoes, long pants and work gloves. If you are having to clean mold, wear a facemask.





LIGHTENING STRIKES

The CDC says that 73% of lightening deaths occur in June, July, or August.

From 2006-2021, 444 people in the US died from lightning strikes.

15-24 year olds are the highest category of lightening strike victims (at a rate of 1 out of 4 victims fall into this age range.)

Work-related activities cause 2 out of 10 lightning deaths.

TIP	INFORMATION
If you hear thunder, find an enclosed shelter	You can go to your car, house, or office. Be safe and find shelter
Please, avoid any open structures.	Going into a baseball dugout, hanging out in a gazebo, or sitting on a porch will not protect you from a lightning strike.
Stay away from tall structures and open areas.	It may seem like common sense but, trees and telephone poles could be dangerous during this time. Lightning will strike the tallest object in its path!





WINTER EVENT

Stay Warm	Preparedness
Prepare early by testing your heat, add weather stripping, caulk.	Make sure you get food, water, and medicines before the storm.
Dress properly and with layers. Cover toes, fingers, and ears to prevent frostbite.	Stock up on warm clothing for everyone in the house.
Have a pre-determined plan for you and your loved ones of where you will go if you lose heat due to the storm.	Have an emergency supply kit in your vehicle in case you do have to travel. Keep a shovel and ice melting products at home and in your vehicle.

Learn:

1. First aid and CPR.
Emergency personnel may be delayed!
2. Be prepared to live without power and running water.
3. Learn how to keep pipes from freezing.
4. Learn how to treat frost bite!
5. Organize “Go-bags” with at least 3 days of supplies.
6. Have enough water for 1Gal per person per day!

TIPS provided by the American Red Cross

