

# Watch out for illness in hot summer weather

The Kansas Department of Health and Environment is reminding Kansans to protect themselves in hot summer temperatures.

“KDHE advises the best defense against heat-related illness is prevention,” said Roderick Bremby, secretary of the department.

## Dublin zoo penguin safe at home

DUBLIN (AP) — Kelli the penguin’s back home in Dublin Zoo after pranksters snatched the bird and abandoned her on a city sidewalk.

Dublin Zoo condemned the July 8 theft as no joke, because the 10-year-old Humboldt penguin could have been injured during her abduction or crushed by a vehicle.

Zoo officials said police tracked down Kelli using a signal from a microchip planted on the bird. She got the medical all-clear and was returned to her penguin partner, Mick.

Police said the thieves climbed over a security fence into an enclosure housing about a dozen Humboldt penguins and picked Kelli for reasons unknown.

Dublin Zoo has been targeted by annoying pranks before. In 2008, its switchboard was overwhelmed by callers asking to speak to Rory Lyon, G. Raffie and Ana Conda.

“Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.”

Heat is the number one weather-related killer in the U.S. National Weather Service statistical data shows that it causes more fatalities than floods, lightning, tornadoes and hurricanes combined.

“When temperatures start to rise, it’s important to know how to protect yourself and others, especially those who are at greater risk of heat-related illness,” said State Health Officer Dr. Jason Eberhart-Phillips. “If you have a friend, relative or neighbor who doesn’t have air-conditioning, now would be a good time to talk with them about getting into a cooler place.”

People who face the highest risk of heat-related illness include infants and young children up to four years of age, adults over

age 65, people who have chronic medical conditions, such as heart disease or being overweight, those taking certain medications, and people who work or exercise in extreme heat.

### Heat-related Illness

Heat-related illness is always of concern during hot weather, and may be characterized as heat stress, heat exhaustion or heat stroke.

Heat stress includes faintness, painful muscle spasms and cramps and prickly heat caused by a skin rash from clogged pores. It is caused by loss of fluids and minerals in the body needed for proper muscle function.

Heat exhaustion, which is more serious, includes headache, dizziness, clammy skin, muscle fatigue, chest pain, breathing problems and nausea. Medical attention is necessary if these conditions persist.

Heat stroke is a life-threatening condition that should be considered an emergency. Headache, hot and dry skin, temperature of 103 degrees or higher, rapid and shallow breathing, disorientation and changes in consciousness are all symptoms of heat stroke. The person should be cooled quickly with cold, wet sheets or a cool bath and taken to the nearest hospital.

### Staying Cool

Follow these steps to minimize your risk of heat-related illness:

Drink plenty of fluids, especially water. Avoid alcohol and caffeinated beverages, which dehydrate the body. Drink at least a gallon of water a day when spending time outdoors.

Wear loose-fitting and light-colored clothing.

When children play outdoors, dress them lightly, and make sure they take frequent breaks indoors and drink plenty of fluids. A child

should never be left in a hot, closed car or near a sunny window. Also, young children should wear a sunscreen of SPF 50 to reduce their risk of sunburn. Infants should have very little or no contact with sunlight.

Friends, relatives and neighbors of elderly people should periodically visit them during the summer months and take them to a cooler environment if needed.

Take cool showers.

Take frequent breaks to cool off.

Eat light meals like fruit and salads. Eat apricots, bananas, cantaloupes, oranges, beans, broccoli, potatoes and tomatoes to increase potassium.

Schedule outdoor activities for morning and evening, but avoid dawn and dusk due to the risk of mosquito-borne illnesses. When outdoors, try to stay in the shade.

Use sunscreen and other mea-

sures such as wearing sunglasses to limit ultraviolet radiation.

Create airflow in hot indoor work areas.

Spend most of your time indoors and in an air-conditioned room. If you do not have air conditioning, many communities have places where you can go during heat waves including the local health department, senior citizen center, hospitals and Red Cross. Also, basements are usually cooler than ground-level floors.

For information on dealing with extreme summer heat, visit the Centers for Disease Control and Prevention Web site at [www.bt.cdc.gov/disasters/extremeheat/index.asp](http://www.bt.cdc.gov/disasters/extremeheat/index.asp).

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A message from the Kansas Department of Health and Environment, Cancer Information Service, Susan G. Komen Breast Cancer Foundation, and American Cancer Society.



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To the Citizens of Graham, Sheridan, Sherman & Thomas Counties,

On Tuesday, August 3, you have an opportunity to make sure Northwest Kansas has true conservative leadership in the Kansas House of Representatives by **re-electing Rep. Jim Morrison in the District 121 Republican primary election.**

This letter is not initiated by Rep. Morrison – rather, we’re his Republican colleagues in the Legislature who wish him well as he faces surgery soon. We believe his re-election in the primary on Aug. 3 would surely be good medicine for him.

Though Rep. Morrison may not be able to contact each of you personally this campaign, we want you to know that his continued leadership is needed in the Legislature.

Rep. Jim Morrison has been fighting to protect your hard-earned tax dollars, property and jobs in his outstanding service in the Legislature. **Rep. Morrison voted against the \$1.5 billion tax increase passed in the Legislature this year.**

Rep. Morrison advocates fiscal responsibility, family and pro-life values, and policies that encourage job growth and personal freedoms. **You will again be well served by re-electing Rep. Jim Morrison in the Aug. 3 Republican primary.**

In the 2010 session, Rep. Morrison was Chairman of the Government Efficiency and Fiscal Oversight Committee – and we need him to continue his leadership in that role. Kansas again faces unprecedented budget challenges, and Rep. Morrison’s experience, knowledge and prudent leadership are the best way to assure Kansans of a state government that works for them and respects each and every tax dollar.

We appreciate your support of Rep. Morrison and hope that your vote ensures his return to his important work for your community and the state of Kansas.


Respectfully,

Rep. Mike O’Neal – Speaker of the House  
Rep. Anthony Brown – Chair, Financial Institutions Committee  
Rep. Steven Brunk – Chair, Commerce and Labor Committee  
Rep. Peter DeGraaf – Vice-Chair, Joint Committee on Children’s Issues  
Rep. Owen Donohoe – Vice-Chair, Economic Development and Tourism Committee  
Rep. John Faber – Chair, Agriculture and Natural Resources Committee  
Rep. Mario Goico – Vice-Chair, Veterans, Military and Homeland Security Committee  
Rep. Carl Holmes – Chair, Energy & Utilities Committee  
Rep. Mike Kiegerl – Vice-Chair, Joint Committee on Children’s Issues  
Rep. Lance Kinzer – Chair, Judiciary Committee  
Rep. Forrest Knox – Vice-Chair, Energy and Utilities Committee  
Rep. Brenda Landwehr – Chair, Health and Human Services Committee  
Rep. Joe McLeland – Chair, Education Budget Committee  
Rep. Ray Merrick – House Majority Leader  
Rep. Don Myers – Chair, Veterans, Military and Homeland Security Committee  
Rep. Connie O’Brien – Aging and Long-Term Care Committee  
Rep. Larry Powell – Chair, Agriculture and Natural Resources Committee  
Rep. Sharon Schwartz – Chair, Select Committee on KPERS  
Rep. Arlen Siegfried – Chair, Interstate Cooperation Committee  
Rep. Joe Siewert – Joint Committee on Economic Development


*Rep. Morrison also recently served on the Kansas House Health & Human Services Committee, and on the Joint Committee on Information Technology. He is endorsed by the Kansas Chamber of Commerce, Kansas Farm Bureau, the Kansas NRA, Americans For Prosperity and Kansans for Life.*

*Rep. Morrison’s work in the Legislature has saved Kansans millions of dollars and protected property owners, businesses and families. See a much larger list of Rep. Morrison’s accomplishments here: [www.morrisonfamily.com/repjim/biography/biography.htm](http://www.morrisonfamily.com/repjim/biography/biography.htm)*

Paid for by Owen Donohoe



*Rep. Jim Morrison proudly serves District 121 in Kansas.*



*Rep. Morrison, shown here in the House Chamber at the Capitol, works diligently on multiple committees in the Legislature.*