

**For Immediate Release**

07/25/2023

## **Heat: Avoidance Therapy**

*It May Be Best to Stay Indoors*

- A streak of high temperatures is expected to begin in Ford County today.
- Residents are asked to be proactive about safety measures.

**Ford County, Kansas - July 25th, 2023** - Weather prediction analysis from the National Weather Service suggests that today will likely be the hottest day of the week. It may also be the hottest day of the year to date.

Ford County Government encourages you to stay out of the heat if possible, drink plenty of fluid and never leave children in a vehicle unattended. Know the signs of heat related illness and take action if you see someone exhibiting those signs.

Additional tips for enduring extreme heat:

- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, older adults and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.

Additional information on surviving the heat can be obtained at <https://www.ready.gov/heat>

**###**

For more information, press only:

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*The mission of Ford County Government is to build on our heritage, prepare for the future and provide quality services to our citizens.*

Social Media Graphic



# WHEN TEMPS RISE OUTSIDE, GET INSIDE!

Head somewhere like a shopping mall  
or library with A/C to #BeatTheHeat

Ready. 

 FEMA



[READY.GOV/HEAT](https://ready.gov/heat)