



DCHHS

Safe families, healthy lives.

Dallas County Health and Human Services



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FOR IMMEDIATE RELEASE

DCHHS reports the sixth heat-related death of 2018

Residents urged to stay cool, stay hydrated and to seek assistance

DALLAS (September 28, 2018) – Dallas County Health and Human Services (DCHHS) is reporting the sixth heat-related death in Dallas County in 2018. The 67-year-old patient was a resident of Irving. The cause of death was confirmed by the Dallas County Medical Examiner's Office. For medical confidentiality and personal privacy reasons, DCHHS does not provide additional identifying information.

DCHHS conducts syndromic surveillance with hospital emergency rooms and the county medical examiner to monitor and track cases of heat-related illness and death in Dallas County.

"Dallas County residents need to be aware of the severity resulting from heat-related illness during high temperatures," said Ganesh Shivaramaiyer, DCHHS interim director. "Adults and children need to take measures against heat stress when outdoors. Whether you are working or have a recreational activity, being outdoors for even a short amount of time can cause serious illness."

Heat-related illness also occurs indoors. While many people struggle with paying the AC bills during the summer, DCHHS urges residents to seek a cooling shelter, seek assistance for AC services and help with their utility bill. Many utility companies are sensitive to high rising bills during the summer and have assistance programs available. DCHHS also has information on its website to help those in need of AC services and utility bill assistance.

Individuals suffer from heat-related illness when their bodies are unable to compensate and properly cool themselves. Simple practices will keep you safe and healthy during the scorching days of summer.

DCHHS urges residents to use the following CDC tips:

Stay Cool

- **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, visit a cooling center, 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.
- **Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- **Pace Yourself:** Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Stay Hydrated

- **Drink more fluids:** Regardless of how active you are. Don't wait until you're thirsty to drink.
- **Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets, and leave the water in a shady area.
- **Stay Informed**
- **Check for Updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.
- **Know the Signs:** Learn the signs and [symptoms of heat-related illnesses](#) and how to treat them.
- **Monitor Those at High Risk:** Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

For additional information on how to beat the heat, go to the DCHHS website at www.dallascounty.org/department/hhs/heatsafety.html

For general questions or for more information about
Dallas County Health and Human Services please call 214-819-2000.

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