



DCHHS
Safe families, healthy lives
Dallas County Health and Human Services



CONTACT:

Christian Grisales, Public Information Officer

PIO_DCHHS@dallascounty.org

972.965.1644

Dr. Philip Huang, Director

FOR IMMEDIATE RELEASE

DCHHS Reports the First Heat-Related Death

Dallas (July 21, 2022) – Dallas County Health and Human Services (DCHHS) reports the first heat-related death in Dallas County for the 2022 season. The patient was a 66 years-old female and a resident of the City of Dallas who had underlying health conditions. Due to privacy and confidentiality reasons, DCHHS does not disclose personal information.

“We are very saddened to report our first heat-related death this season,” said Dr. Philip Huang, Director of DCHHS. “We are experiencing extreme heat this season, and this again reminds us how important it is to take every possible precaution. Hydrate constantly and limit your time outdoors to protect against the intense heat.”

Heat-related illnesses may occur when the body is unable to compensate and properly cool itself. Simple practices will keep you safe and healthy during the scorching days of summer. Monitor for symptoms and follow these CDC tips to prevent heat-related illness:

- **Stay Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning you may qualify for an emergency A/C window unit. Call us: 214-819-1976.
- **Limit Outdoor Activities:** Consider exercising early in the morning or later in the evening. Stay in shaded areas to allow your body to cool down and recover.
- **Hydrate:** Drink plenty of water.
- **Check for Updates:** Check your local news for extreme heat alerts and safety tips.

To learn more and for safety tips visit: <https://www.cdc.gov/niosh/topics/heatstress/heatrelillness.html>

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