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FOR IMMEDIATE RELEASE

DALLAS COUNTY HEALTH AND HUMAN SERVICES REPORTS FIRST HEAT-RELATED DEATH

DALLAS (Aug. 21, 2026) – Dallas County Health and Human Services (DCHHS) reports the first heat-related death for the 2026 season. The resident was in their 50s with pre-existing medical conditions. Additional information will not be released to protect the identity of the resident.

“The confirmation of a heat-related death underscores the serious health risks associated with extreme temperatures,” said Dr. Philip Huang, Director of DCHHS. “Texas heat can become dangerous quickly. We encourage everyone to check on family, friends and neighbors, as well as older adults, children and individuals with chronic health conditions.”

DCHHS recommends the following precautions:

- Stay hydrated. Drinking water every hour when it’s hot outside and even when you are not thirsty.
- Avoid alcohol on hot days.
- Wear lightweight, light-colored clothing and limit outdoor activities during the hottest parts of the day (usually 3–7 p.m.).
- Stay in air-conditioned indoor locations. If you must be outside, take frequent breaks in the shade.
- Never leave people or pets in a parked car.

If your home does not have working air conditioning, you may qualify for an emergency A/C window unit. Dallas County residents are encouraged to call 214-819-1909 to apply.

To learn more about heat-related illness, visit our dashboard:

<https://www.dallascounty.org/departments/dchhs/data-reports/heat-related-surveillance.php>