

For Immediate Release

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Beat the Heat in '26

Southwest Nebraska Public Health Department (SWNPHD) would like to encourage everyone to learn what to do to beat the heat in '26. Last year in southwest Nebraska, July had the highest number of calls to emergency medical services during the summer. This year, stay indoors or in the shade during the hottest hours of the day, keep hats and sunglasses on hand, and stay hydrated. Most importantly, never leave children or pets in cars.

“The National Weather Service says ‘Friends don’t let friends fry,’” explains Cathy Strudle, Emergency Response Coordinator at SWNPHD. “Hot days can be a hazard to our health, so it’s important to have plans ready on how you will stay cool, and when to check on neighbors and relatives.”

Tools to stay cool:

- Shade
- Sunscreen
- Sunglasses
- Hat
- Protective clothing - loose, lightweight, light-colored

“Stay in – stay cool,” continues Strudle. “This means get indoors by noon and go out after five to miss the heat. And make sure to drink plenty of water even if you don’t feel thirsty.”

If you are going to be outdoors in the heat, take breaks often, pace yourself, and watch for signs that you are overheating. Heat-related deaths and illnesses can be prevented if you know what to look for and act quickly.

Warning Signs of Heat-related Illness

- Headache
- Dizziness
- Nausea or vomiting
- Muscle cramps
- Fast pulse/heartbeat
- Fainting (passing out)

If you notice any of these symptoms, move to a cooler place right away. Stop physical activity and put cool wet cloths on your body. Get medical attention if symptoms are severe or last more than an hour.

For more information on heat safety contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website swhealth.ne.gov contains many resources and additional information helpful to prevent disease, promote and protect health. Follow us on Facebook, You Tube and Instagram.