



FOR IMMEDIATE RELEASE
Aug. 4, 2011

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Attendees of Williamson County Fair urged to take precautions against heat

FRANKLIN, Tenn. – On the heels of the fifth hottest July on record — when recorded temperatures for 27 days hit 90 degrees or higher — the Williamson County Fair, Aug. 5 – 13, is expected to be scorching, and attendees are urged to take precautions.

“People attending the fair should not underestimate the physical toll heat can have on their bodies,” says paramedic Mark King, assistant director of EMS at Williamson Medical Center. “At an event this size, especially with this heat index, it’s not uncommon for our paramedics and EMTs to provide care for up to 300 people, and approximately half of those are heat-related.”

Williamson Medical Center’s EMS personnel will provide first aid and emergency services as necessary at the fair’s command center on the northeast corner of the fairgrounds. In addition, WMC’s booth inside the Ag Center will be staffed with registered nurses. Attendees who experience symptoms of heat-related illness, such as heat cramps, heat exhaustion or heat stroke, should report to one of the first aid booths immediately.

“Abdominal cramps, heavy sweating, weakness, fainting and vomiting are all signs a person is overheated,” King says. “The Ag Center at the fairgrounds is air-conditioned, so if you begin feeling overheated, go inside and sit down. Send someone to get medical attention.”

Heat is the No. 1 weather-related killer in the United States. The National Weather Service reports that heat causes more fatalities per year than floods, lightning, tornadoes and hurricanes combined. Follow the following tips to stay safe:

- **Slow down.** Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- **Dress for summer.** Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.

- **Put less fuel on your inner fires.** Foods (like proteins) that increase metabolic heat production also increase water loss.
- **Drink plenty of water or other non-alcohol fluids.** Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Do not drink alcoholic beverages. People who are on fluid restrictive diets, have a problem with fluid retention or have epilepsy or heart, kidney or liver disease should consult a physician before increasing their consumption of fluids.
- **Spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment affords some protection.
- **Don't get too much sun.** Sunburn makes the job of heat dissipation that much more difficult.
- **Do not take salt tablets unless specified by a physician.** Salt will absorb fluid from your body.

Williamson Medical Center, a 185-bed hospital fully accredited by The Joint Commission, provides comprehensive inpatient and outpatient care including emergency services, with credentialed physicians in 53 specialties and sub-specialties. The community-focused hospital offers a wide range of wellness services, screenings and classes. For more information about Williamson Medical Center, visit www.williamsonmedicalcenter.org.

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