FOR IMMEDIATE RELEASE: June 30, 2023   Contact: Kaylee Coffman
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Knox County Urges Caution During Extreme Heat; Offers Tips to Stay Safe

Knox County, Tenn. – Temperatures are rising this week and with that comes the risk of heat-related illnesses. The Knox County Health Department is urging everyone to take steps to stay cool and know the dangerous symptoms to look out for.

Heat exhaustion symptoms include:

- Muscle cramps
- Weakness
- Heavy sweating
- Nausea and/or vomiting
- Paleness

Heat stroke symptoms include:

- Red, dry skin
- Rapid pulse
- Dizziness
- Nausea
- Confusion

"To limit the risk of heat-related illness, we encourage people to avoid long periods of time outdoors. If possible, limit your outdoor time to the cooler periods of the day," said KCHD Public Health Officer Dr. Megan Edwards. "That said, we know there are many people in our community who don't have that option. That's why we stress staying hydrated, taking plenty of breaks, wearing sunscreen, and staying in the shade. Young children, people with chronic medical conditions, and older individuals are at even higher risk of heat-related illnesses. Please seek medical attention if you begin experiencing any of the symptoms listed above."

For those looking for public places and activities that offer air-conditioning and shelter from the sun, we encourage people to seek out Knox County libraires and senior centers. For families looking to find ways for their kids to have fun outside while staying cool, there are splashpads at Carl Cowan, Powell Station, and New Harvest Parks. For more water-related recreation activities, check our Knox County Parks and Recreation's page.

About Knox County Health Department

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. For more information, visit www.knoxcounty.org/health.