



## Knox County Health Department

140 Dameron Avenue, Knoxville, TN 37917

FOR IMMEDIATE RELEASE: June 22, 2022

Contact: Kelsey Wilson  
865-257-7460

### **Knox County Urges Caution During Extreme Heat; Offers Tips to Stay Safe**

Knox County, Tenn. – Temperatures are remaining high 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 limit long periods of time outdoors to the cooler periods of the day,” said KCHD Director of Nursing Dena Mashburn. “That said, we know there are many folks in our community who don’t have that option. That’s why we stress staying hydrated, taking plenty of breaks, wearing sunscreen, and seeking medical attention if you start 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](http://www.knoxcounty.org/health).

