



Knox County Health Department

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FOR IMMEDIATE RELEASE: July 16, 2024

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

Knox County, Tenn. – Knox County has seen nearly 50 heat-related visits to area emergency rooms since the beginning of June. Heat-related illnesses, such as heat exhaustion or heat stroke, happen when the body is not able to properly cool itself.

Signs and symptoms of heat-related illness include:

- Muscle cramps
- Weakness
- Heavy sweating
- Nausea and/or vomiting
- Paleness
- Red, dry skin
- Rapid pulse
- Dizziness
- Nausea
- Confusion

Heat-related illnesses are preventable by:

- Staying cool
- Wearing light-colored, loose-fitting, breathable clothing
- Staying hydrated
- Limiting outdoor activities to cooler times of the day
- Taking frequent breaks in the shade if you must be in the sun for work/sports/activities

Children, older adults, people with disabilities and those who work routinely outside are at higher risk for heat-related illnesses. Check on those who are at higher risk and ensure they maintain proper hydration. 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 Powell Station and New Harvest Parks. For more information, check our Knox County Parks and Recreation's [page](#).

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