

The Seagoville Fire Department would like to warn the citizens that the summer heat in Texas can be deadly, especially to the elderly, the very young and those with chronic medical conditions who do not have access to air conditioning. With temperatures moving to the triple digits, we want to make sure the citizens are made aware of simple things they can do to prevent heat-related illness and possible death.

Of particular concern are children and the elderly.

1. **NEVER leave a child in a closed, parked car even with the windows down.**
2. **LOOK before you leave** in order to avoid leaving a child in a car.
3. If anyone sees a child left unattended in a parked car, **call 9-1-1 immediately.**
4. Know the first signs of heat-related illness: dizziness, nausea, headaches, muscle cramps. At the first sign, move to a cooler place, and slowly drink a cool beverage.
5. Avoid drinks containing alcohol, caffeine or sugar.

The elderly and people with chronic medical conditions are at the greatest risk for heat related illness and are reminded to stay in cool, air conditioned areas during the summer. Citizens are being asked to check on your neighbors to see if they have a working air conditioner in their home. Dallas County Health and Human Services operates the Comprehensive Energy Assistance Program (CEAP). This program assists in providing low-income families in our community with the basic necessities, such as electricity, gas and the heating and cooling of their homes. Persons without a working air conditioner unit in their home can contact the Comprehensive Energy Assistance Program at 214-819-1848 for assistance or visit the website at www.dallascounty.org