COUNTY OF POLK
Health Department
www.polkcountyiowa.gov/health

Rick Kozin, Director
1907 Carpenter Avenue
Des Moines, Iowa 50314
Ph. 515.286.3798
Fax. 515.286.2033

Dear Community Organization,

Thank you for helping keep Polk County residents safe during the extremely hot and humid summer days. We greatly appreciate your support!

Heat related deaths and illnesses are preventable, yet many people don't take dangerous heat seriously. According to the Centers for Disease Control and Prevention, during 2006-2010, extreme heat exposure caused 3,332 deaths in the United States. That is more deaths due to extreme heat than hurricanes, lightning, tornadoes, floods and earthquakes.

The hot summer days are quickly approaching. Hot and humid days make it unbearable to stay comfortable and can also cause health problems, especially for the elderly, young children and individuals with chronic health conditions.

To ensure our residents' safety during extreme heat, we have developed a tool kit for your organization to utilize:

- Heat safety posters providing general heat tips to place around your organization (posters are 11 by 17) in English/Spanish
- A handout on how to keep pets safe during extreme heat weather conditions in English/Spanish.
- Information about how medications can affect the body's response to extreme heat conditions in English/Spanish.
- Informational handouts on how to keep yourself and clients safe during extreme weather conditions in English/Spanish.
- Three extreme heat messages to put in a newsletter, bulletins or announcements in English/Spanish.
- Information on how to sign up for CODE RED. CODE RED will send you notifications via phone, text message or email about natural disasters, crime and search and rescue, chemical spills, extreme heat and much more!
- A list of the 2015 daytime cooling centers is found on our web site. www.polkcountyiowa.gov/health with an interactive map showing bus routes.

Please feel free to call me or email me if you have any additional extreme heat questions.

Thank you for your help!

Sincerely,

Nola Aigner

Nola Aigner, Health Educator/Public Information Officer
Polk County Health Department
Phone: (515) 286-3848
Email: nola.aigner@polkcountyiowa.gov