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TARRANT COUNTY
NEWS & INFORMATION

July 2013

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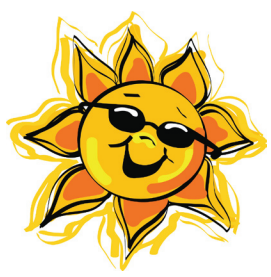

Beat the summertime heat

As summer weather moves in, the combination of the hot sun, high humidity and prolonged heat create conditions for heat-related illnesses. Health problems like dehydration, heat exhaustion and heat stroke can occur when people are outdoors in the heat for long periods of time. People most affected are the elderly, the very young, people who don't have air conditioning or access to air conditioned spaces and people with chronic diseases.

Tips for parents, child care providers, the elderly and pet owners:

- Never leave a child, elderly person or pet in an unattended car. Closed vehicles can heat up like ovens on hot days.
- Use plenty of sunscreen on children and babies, and consider a hat to help further shield them from the sun's harmful rays.
- Dress children in loose-fitting clothing that doesn't restrict movement and allows for good circulation of air. Do not overdress babies or bundle them in blankets.
- Provide water often to children and the elderly, even if they are not thirsty.
- Stay in cooled – but not cold – environments as much as possible since a child's heat tolerance isn't well established; the same precaution applies to the elderly.
- Plan outdoor activities for early or late in the day when it's normally cooler.
- When using fans, open windows to provide proper ventilation. People who do not have home air conditioning units should visit air conditioned public places like shopping malls for a few hours each day when temperatures are high.
- People taking medications should consult their doctor to determine how the sun and heat may affect them.
- Your pet also can collapse from heat stroke. Owners need to be aware of how heat affects pets. Sidewalks can be too hot for them. It's a good idea to walk them on the grass if possible and preferably in the early morning or evening. Provide pets with plenty of fresh drinking water daily.

If you think someone is suffering from overexposure to the heat, seek medical care immediately. Until help arrives, move the person to a shaded area and provide water and ventilation to help them begin to cool off.

Below are precautions and tips we all can take to safeguard ourselves and our families from heat-related health problems.

Tips for sporting activities, summer camp, other outdoor activities:

- Avoid dehydration. Sweating is the body's cooling mechanism, and too much sweating without enough fluid intake results in dehydration. Water is usually best, but a good quality sports drink also will help replace salts and minerals lost through sweat.
- Activity directors should ensure participants drink plenty of fluids when taking part in any sports activity. A good suggestion is to have them drink a quart an hour.
- Avoid beverages containing alcohol, excessive caffeine or large amounts of sugar.
- Avoid outdoor activities in the middle of the day. The sun's rays are most intense between 10 a.m. and 4 p.m. If possible, schedule training and play times during the cooler parts of the day.
- Schedule plenty of breaks and rest time in cooler, shaded areas.
- Avoid sunburn by staying covered or using sunscreen (SPF 15 or higher). Sunburn will draw fluid from all areas of your body in an effort to replenish moisture in the skin.
- It is best to wear lightweight, light-colored clothing.

For more information, call
Tarrant County Public Health
817-321-4700
or visit us online at
http://health.tarrantcounty.com.

Construction in unincorporated Tarrant County affected by Storm Water Permit

The Texas Commission on Environmental Quality (TCEQ) has enacted rules that broadened storm water permit requirements for construction projects in the unincorporated areas of counties. This storm water general permit covers storm water discharges from construction activities that disturb at least one acre of land.

The Texas Pollutant Discharge Elimination System (TPDES) program implements the federal National Pollutant Discharge Elimination System program in the State of Texas.

Applicants of the Storm Water Construction General Permit (TXR150000), who discharge to a Municipal Separate Storm Sewer System (MS4), are required to submit a signed copy of their Notice of Intent (NOI) or Construction Site Notice to the operator of the system (unincorporated Tarrant County). Those seeking a permit must also provide a copy of any Notice of Change (NOC) or Notice of Termination (NOT) to the operator of the system.

If you have a construction project which disturbs at least one acre, and the storm water discharge flows into unincorporated Tarrant County, please mail a copy of your Construction Site Notice or NOI to:

Tarrant County Transportation Department
Attention: Robert Berndt
100 East Weatherford – Room 401
Fort Worth, Texas 76196

If you have general questions about the TCEQ Storm Water Program, you can visit the TCEQ website at *www.tceq.state.tx.us*. If you have any questions regarding the rules and regulations as they pertain to unincorporated Tarrant County, please contact Robert Berndt at 817-884-2634 or by email at *rberndt@tarrantcounty.com*.

Make your bid count at Tarrant County

Attend the Sixth Annual Vendor Information Forum at 5:30 p.m., Thursday, July 11, at the Tarrant County Resource Connection Conference Center Gym, 2300 Circle Drive in Fort Worth.

Come prepared to do business with Tarrant County and other entities. This is a FREE event and is open to the entire business community. Bring plenty of business cards.

For more information contact HUB Program Coordinator Velina Willis at 817-884-1948 or email her at *vgwillis@tarrantcounty.com*.

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