

Emergency Management

August 2025 Newsletter

Phillips County

Volume I, Issue I

August 2025

Extreme Heat

There is hot, and then there is hot! Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Prepare for Extreme Heat

- Learn to [recognize the signs of heat illness](#).
- Do not rely on a fan as your primary cooling device. Fans create airflow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find cooling options in your area.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors specifically designed to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.
- Install window air conditioners and insulate around them.

Heat Safety Tips

- Never leave people or pets in a closed car on a warm day.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat.
- Check on family members, older adults and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.

HEAT STROKE

Signs: Extremely high body temperature (above 103 degrees F) taken orally. Red, hot and dry skin with no sweat. Rapid, strong pulse. Dizziness confusion or unconsciousness.

If you suspect heat stroke, call 9-1-1 or get the person to a hospital immediately. if possible: move the person suffering from heat stroke into a cool, shaded area; remove any outer clothing; place a cold wet cloth or ice pack on the head, neck, armpits and groin, or soak the person's clothing with cool water; elevating their feet.

HEAT EXHAUSTION

Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting

If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

Phillips County

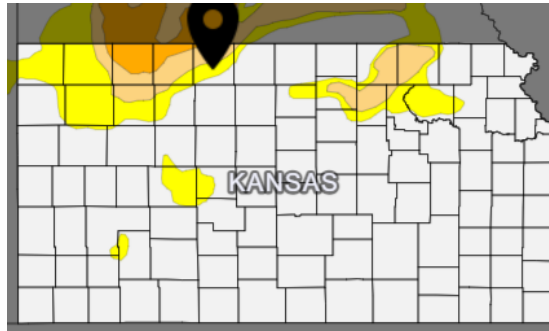
A **drought index** combines multiple drought indicators (e.g., precipitation, temperature, soil moisture) to depict drought conditions. For some products, like the U.S. Drought Monitor, authors combine their analysis of drought indicators with input from local observers.

Drought conditions persist across Kansas, with 24.7% of counties classified as Abnormally Dry (D0), 6.3% under Moderate Drought (D1), and 1.5% experiencing Severe Drought (D2). Ongoing monitoring is in place as extreme heat and humidity are expected to continue impacting affected areas. Monthly and seasonal outlooks show drought persisting in these areas and possibly expanding southward by late summer or early fall.

For more information please contact the Phillips County EM Coordinator, Jenny Dix, at 785-540-4262

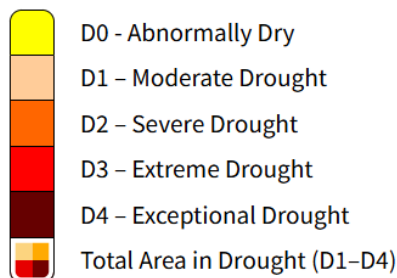


COUNTY of PHILLIPS — K A N S A S —



Legend

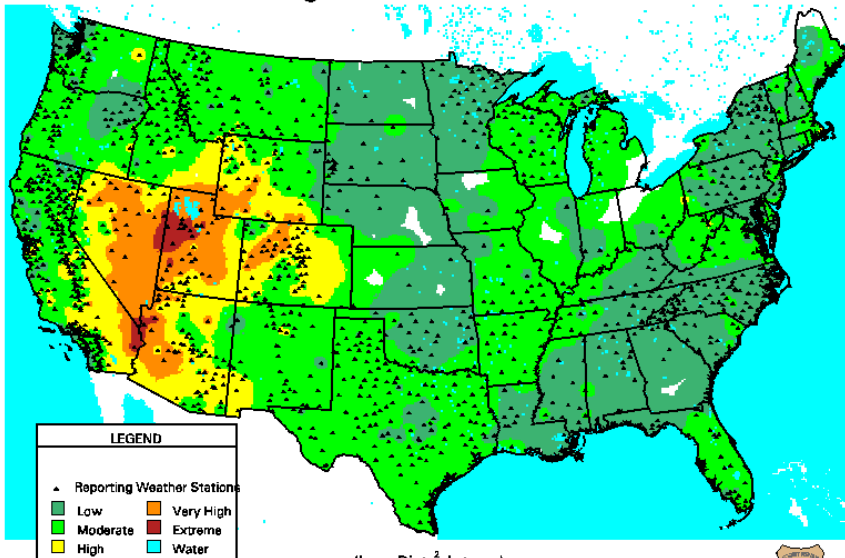
Drought & Dryness Categories



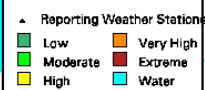
% of Phillips County

36.39%
41.14%
2.00%
0%
0%
43.14%

Forecast Fire Danger Class: 06-AUG-25



LEGEND



(Inv. Dist.² Interp.)

WFAS-MAPS Graphics FIRE BEHAVIOR RESEARCH MISSOULA, MT



Dry Weather Safety Tips

- During dry weather, keep a fire extinguisher nearby outdoor cooking fires, such as when grilling.
- When finished with charcoal grilling, let the coals completely cool and dispose of them in a metal container.
- If a burn ban is in effect for the area, call the local fire department to inquire about what activities are included in the restriction.
- Never throw a lit cigarette out the window of a vehicle. It could land on dry grass or be blown into dry vegetation and start a fire.