



Beat the heat

Prevent heat-related illnesses



Intense summertime heat is a silent killer. Unlike hurricanes, floods and tornadoes, the dangers of extreme weather strike without much notice. An average of 702 heat-related deaths occurs each year in the United States, according to the Centers for Disease Control and Prevention (CDC).

Heat-related illnesses

Hot weather is associated with an increase in heat-related illnesses, including cardiovascular and respiratory complications, renal failure, electrolyte imbalance, kidney stones, negative impact on fetal health and preterm birth, according to the CDC. Death rates increase during and after heat waves, which is why the number of deaths is attributed to heat-related illnesses.

Heat-related deaths result from:

- heat stroke and related conditions
- cardiovascular disease
- respiratory disease
- cerebrovascular disease

Deaths from heat events

The National Weather Service (NWS) reports that 105 fatalities per year are directly related to extreme heat (based on a 10-year average). **13478-001** Both the NWS and the CDC agree that extreme summer heat events are increasing in the U.S.

Anyone can be at risk of the health effects of heat, but some are more vulnerable, according to the CDC. Those more vulnerable include:

- pregnant women
- people with heart or lung conditions
- young children
- the elderly
- athletes
- outdoor workers

Heat stroke

Heat stroke is the most serious heat-related illness, as it restricts the body's ability to cool itself. Body temperature can reach 106 degrees or higher within 10 to 15 minutes, according to the CDC.

Heat stroke can cause permanent disability or death if emergency

treatment is not initiated. Symptoms of heat stroke include confusion, altered mental status, slurred speech, hot/dry skin or profuse sweating, seizures, very high body temperature and coma.

If someone is experiencing heat stroke, act quickly to treat the person.

- Call 911.
- Stay with the person until help arrives.
- Move the person to a shaded, cool area.
- Remove outer clothing.
- Cool the person with water.
 - Place cold cloths on the skin.
 - Soak clothing in cool water.
 - Concentrate on cooling the head, neck, armpits and groin.
- Circulate air around the person.

Heat exhaustion

This type of heat-related illness is the body's response to an excessive loss of water and salt, usually due to excessive sweating. Heat exhaustion is most

Continued on 18C ►

FREE & EASY

ways to save energy

(Spoiler Alert: Your clothes and dishes won't know the difference)

Major home appliances account for approximately 16% of an average home's energy consumption.

16%



1. Run full loads of laundry instead of several smaller ones.
2. Use cold water to wash your clothes.

3. Keep your refrigerator at 35° to 38°F and your freezer at 0°F.
4. Regularly defrost manual-defrost freezers and refrigerators.



5. Skip the heat-dry setting on your dishwasher.
6. Fully load your dishwasher before washing.

7. When buying new appliances, consider Energy Star versions.
8. Unplug appliances you're not using.



Time to replace that old appliance? Replacing older versions with energy-efficient models can save the average household more than \$500 per year.

Sources: National Resources Defense Council,
U.S. Energy Information Administration

Safe
Electricity.org®

"Beat the heat" continued from 18B

likely to affect the elderly, people with high blood pressure and those who work outdoors.

Symptoms include headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating, elevated body temperature and decreased urine output.

If someone is displaying symptoms of heat exhaustion, do the following:

- Take the person to a clinic or emergency room.
- Call 911 if medical care is unavailable.
- Stay with the person until he or she is evaluated.
- Remove the person from the heat. **11019-001**
- Give the person liquids to drink.
- Remove unnecessary clothing, including shoes and socks.
- Use cold compresses to cool the person's body.
- If compresses are not available, splash cold water on the head, face and neck.

Other heat-related illnesses

Other illnesses related to heat stress include rhabdomyolysis, heat syncope (fainting or dizziness), heat cramps and heat rash. Rhabdomyolysis is a medical condition associated with heat stress and prolonged physical exertion. The condition causes the rapid breakdown, rupture and death of muscle. People who have this condition and experience symptoms (muscle cramps, weakness, dark urine) should seek immediate care at the nearest medical facility.

Severity scale

Heat stroke is the most serious, followed by heat exhaustion and heat syncope (both severe), and then heat cramps and heat rash (less severe).

If you suspect someone is experiencing heat stroke, act right away by calling 911. Heat exhaustion also requires medical evaluation and treatment. In both cases, cool the body as quickly as possible.

Minutes of the Board of Trustees Meeting

May 22, 2023

The regular meeting of the Board of Trustees of Clay Electric Co-operative Inc. (CECI) was held at the Clay Electric Co-operative Headquarters, Flora, Ill., beginning at 6:58 o'clock p.m. on Monday, May 22, 2023.

Trustees present were Bob Pierson, Neil Gould, Bill Croy, Kevin Logan, Richard Rudolphi, Frank Herman, Frank Czyzewski, Evan Smith and Josh Schnepfer. Also present were Matt Conklin, CEO, and Attorney for the Board Tyra Cycholl. The meeting was opened by Bob Pierson, who presided, and Neil Gould, acted as secretary thereof.

The invocation was given by Frank Herman and was followed by the Pledge of Allegiance.

The following proceedings were had [all action being first duly moved and seconded, and all action taken being upon the unanimous vote of the Board or without dissenting vote of abstention unless otherwise stated]:

APPROVED, the Suggested Agenda.

APPROVED, the Consent Agenda including the following:

- **APPROVED**, the prior meeting minutes;
- **APPROVED**, (a) to admit to membership those applicants connected for service since the last such review by the board, and (b) cancel those former members shown on the Manager's Report since the last such review by the Board, said members no longer taking service;

REVIEWED, the Consent Agenda including the following:

- **REVIEWED**, the Work Orders;
- **REVIEWED**, the Disbursements;
- **REVIEWED**, the Credit Card Statements; **10792-002**
- **REVIEWED**, the Attorney Retainer;
- **REVIEWED**, the Account Summary Report;
- **REVIEWED**, the Federated Report from the Board;

■ **REVIEWED**, the Federated member update.

WERE INFORMED, of open CFC Director position.

WERE UPDATED, on CFC Quarterly Loan Payment.

REVIEWED, the CFC Integrity Fund contribution.

WERE INFORMED, about the CRC Annual Meeting and election.

HEARD, CRC news updates.

WERE INFORMED, of NRECA Resolutions deadline.

HEARD, a report by Bob Pierson regarding SIPC Board Meeting.

HEARD, an update by Kevin Logan regarding AIEC.

DISCUSSED, upcoming Aces Conference and CFC Forum and Quarterly Safety meeting to be held June 13 at 11:30 a.m.

HEARD and **APPROVED**, a financial report by Matt Conklin as to the following:

- Monthly Reconciliation;
- SIPC Power Delivered in April 2023;
- April 2023 Cash Flow;
- Line Loss;
- April 2023 Form 7;
- April 2023 Balance Sheet;

REVIEWED, the Safety Report for the month of May.

REVIEWED, the Monday morning Safety meeting.

HEARD and **APPROVED**, the Manager's Report by Matt Conklin on the following topics:

- New MSR;
- Email Scam;
- New EPA Regulations;
- Operations Report;
- Communications Report;
- Upcoming meetings.

WERE INFORMED, a new Member Services Representative was hired, that being Tyla Knapp with a start date of June 5.

WERE INFORMED, about an email scam regarding payroll.

HEARD, new EPA Regulations and NRECA/AIEC response to such regulations.

REVIEWED, the Operations Report.

REVIEWED, the Communications Report.

WERE REMINDED, of upcoming meetings on June 26, 2023, July 24, 2023, Aug. 28, 2023 and Sept. 25, 2023, at 7 p.m. and the Annual Meeting on Aug. 24.

REVIEWED, thank you notes from North Clay Post Prom, Clay County CEO and Flora High School Post Prom.

There being no further business to come before the Board, said meeting was declared adjourned at 8:30 p.m.



Every month we will have three member numbers hidden throughout Clay Electric News. If you find your member number that corresponds to the one found on the upper right corner of your bill, call our office and identify your number and the page it's on. If correct, you will win a \$5 credit on your next electric bill.

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