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News Release

FOR IMMEDIATE RELEASE

June 22, 2009

Lt. Governor Kinder Urges Seniors to Prevent Heat Related Illnesses

JEFFERSON CITY – As a heat advisory blankets many parts of Missouri today, Lt. Governor Peter Kinder, the state’s Official Senior Advocate, urged Missouri seniors to take precautions against dangerously high temperatures.

"This week, many parts of our state will face extremely high heat indices," said Lt. Governor Kinder. "I am urging Missouri seniors to take adequate precautions to protect themselves from illness. I am also encouraging Missourians to take time to ensure that elderly neighbors are well suited to deal with the extreme heat."

Through the last decade, the greatest number of heat related deaths in Missouri have been of people age 65 years and older.

Last year, Lt. Governor Kinder signed into law Senate Bill 720 which established a hot weather utility rule. From June 1st to September 30th, natural gas and electricity companies are prohibited from disconnecting service to residential customers on days when the temperature is expected to rise above 95 degrees or the heat index is expected to rise above 105 degrees for a twenty-four hour period. This legislation has helped protect low-income seniors across the state.

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During hot days, seniors are encouraged to stay inside in an air conditioned home. Seniors that do not have air conditioning should stay on the lowest floor in their home or go to a building with air conditioning, such as libraries or shopping malls. To avoid heat related illnesses, seniors should avoid caffeinated and alcoholic beverages and drink plenty of water.

For more information on how to avoid heat related illnesses, visit the Department of Health and Senior Services' Web site at, <http://www.dhss.mo.gov/Hyperthermia>.

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