

# HEAT EXHAUSTION OR HEAT STROKE?

## HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

## HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



## HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°  
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

## HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

# HEAT STROKE

Dogs and cats can't perspire and can only dispel heat by panting and through the pads of their feet. If you suspect heatstroke in your pet, seek veterinary help immediately.

## SIGNS OF HEAT STROKE

Body temperatures of 104-110°

Staggering, stupor or seizures

Dark or bright red tongue and gums

**NOTE:** Short-nosed breeds such as bulldogs are at greater risk for heatstroke



Bloody diarrhea or vomiting

Rapid heartbeat

Excessive panting

Sticky or dry tongue and gums

## COOLING YOUR DOG

Find some shade. Get your bulldog out of the heat.

Place cool, wet cloths on feet and around head.

Use cool water, not ice water, to cool your bulldog (extremely cold water will constrict blood vessels and impede cooling).

Offer cool water or ice cubes for your dog to lick. After the dog drinks, a fan can be used to dry up the water that might be on their face or coat.

Contact your veterinarian.



[www.socialmediafitness.org](http://www.socialmediafitness.org)



## Keep Grass Clipping off of Street and out of Storm Drains

The city asks that residents not to let grass clippings, leaves and mulch find their way into the street and down the storm drains. Yard waste is filled with phosphorous—both artificial and naturally occurring—that feeds the algae. Algal blooms can cause health problems for humans and wildlife, and create some seriously unsightly and foul-smelling water bodies.

The only thing that should be going into storm drains is water from rain and snow melting. Keep your grass clippings, leaves and other yard waste out of the streets and gutters.

One way you can prevent grass clippings from entering the street is when mowing, make the first few passes blowing the grass clipping into the lawn, not the street. If there are grass clippings that land on the street, use a broom or leaf blower to blow them back into the lawn. Do not use a hose to wash them in to the street or storm drain. Keeping your grass clippings and leaves out of our streets will have a significant benefit on our local waters!

Mulch or compost your yard waste or set it on your curb Tuesdays morning to be picked up.



It is everyone's responsibility to cooperate in keeping their property's grass mowed, the weeds sprayed, and the litter removed. Please assist in making everyone proud of YOUR community! Grass should be no more than 8 inches in height. If the property is not maintained, the city will come and do the work. We will send you a bill or it will be certified to Stearns County for collection with your property taxes.

*Just a friendly reminder...* utility bills are due the 28th of each month. Payments can be made at the city office during business hours, placed in the drop slot, mailed or pay online (follow the links on the City of Kimball website). The City of Kimball also accepts credit cards in person and over the phone.

## Fireworks Safety Tips

### ⇒ Use only legal fireworks

Buy only fireworks that are approved by your state. Avoid buying fireworks that are packaged in brown paper

### ⇒ Keep water close

Do not forget to place a bucket of water nearby in case of an emergency. Keep in mind to douse burned fireworks with water before throwing in the trash bin.

### ⇒ Keep a distance from fireworks

Once you've lit the fuse, move away immediately. In case the firework did not light properly, douse it with water and do not attempt to relight it.

### ⇒ Use fireworks outdoors

Remember to use fireworks outside only and away from wooden and other flammable materials. Make sure children are away from fireworks.

*Have a safe and Happy 4th of July!*



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#### City Hall Hours

- ◆ Monday 8:00am to 4:30pm
- ◆ Tuesday 8:00am to 6:00pm
- ◆ Wednesday: 8:00am to 1:00pm
- ◆ Thursday: 8:00am to 5:00pm
- ◆ Friday 8:00am to 4:30pm

#### Upcoming Council Meetings

August 3 & 17  
September 7 & 21  
October 5 & 19  
November 2 & 16  
December 7 & 21

July Recycling Weeks:  
13th, 27th

City Hall will be Closed:  
July 5th



# July 2021

## Kimball Days is BACK And Celebrating 40 Years!!!

Some events to look forward to:

- ⇒ **New this year**...Kimball Days Committee will be selling buttons to celebrate 40 years. Cost per button is \$5. A drawing will be done and the winner receives half the pot! Sales will start the second week in July.
- ⇒ **Talent Contest**: Saturday August 14th at 7 pm. This event will take place in the High School Cafetorium. Sign up can be done at City Hall.
- ⇒ **Volleyball**: Teams needed!! Sign up at City Hall. \$10.00 per person. Winning team receives cash prize!
- ⇒ **Little Miss Kimball**: Deadline to sign up is July 10. Sign up at City Hall.
- ⇒ **Craft Fair**: Saturday, August 14th from 11:30 am to 3 pm. If interested contact Sarah Demars.



**\*\*\*Watch the August newsletter for more details\*\*\***

### Adopt - A – Flower- Pot



Flower pots still available to adopt. If you would like to adopt please contact Trista at 320-398-2725 or stop by City Hall for an application.

### Adopt - A – Fire Hydrant



Fire Hydrants still available to adopt. If you would like to adopt please contact Trista at 320-398-2725 or stop by City Hall for an application. Submit application and design proposal no later than August 2.

### Brush & Compost Pick-Up

Tuesday Mornings: All brush/compost must be placed at the curb by 6:30am. Rules to follow:

- ⇒ Brush not to exceed 4 feet in length & must be bundled and tied.
- ⇒ Compost not to exceed 50 lbs. **ONLY** corn-based self-composting bags will be picked up. Compostable bags are distinct from regular plastic bags because they are usually clear or green-tinted opaque color. Most home improvement, grocery and hardware stores now carry them. If you don't see them, ask an employee at the store.
- ⇒ **Biodegradable bags and Regular Garbage bags are NOT accepted and will NOT be picked up! COMPOSTABLE BAGS ONLY!**



Residents also have the option of bringing brush and compost to the City's compost site on their own by appointment only!  
Please contact the Public Works Department for additional information or an appointment at (320) 980-4906 or (320) 557-3244.