

With triple digit heat on the way, here is advice to "Stay Cool"

Weather

Posted by : Tom

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With high temperatures again expected to threaten, or surpass, the century mark on Wednesday through Friday, the Missouri Department of Health and Senior Services has some advice on dealing with the "extreme heat".

Spokeswoman Gina Terlizzi describes some of the more common symptoms of heat-related illnesses as well as precautions to be taken to help prevent those symptoms:

[Click here to listen to Gina Terlizzi](#)