

# Summer Heat

## *Meat the Future*

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### **"Beat the Heat at the County Fair!"**

*Submitted: July 15th, 2022*

Take one look at the forecast for the next couple of weeks, and you just might end up sweating as you think about upcoming county fair activities! Whether we have animals at home or are heading to the county fair soon, it is important to put our animal's health and hydration at the forefront of our priorities. Keep reading for tips on how to keep your livestock, horses, poultry, rabbits and even yourself safe in these brutal summer temperatures.

Extremely warm temperatures can easily cause heat stress in our animals, especially pigs as they are not able to sweat. Some possible signs of heat stress could include: panting, open-mouth breathing, excessive salivation, lack of coordination, body trembling, inability to stand, and a fever. Heat stress can cause effects such as: reduced feed intake, weight loss, or even death. The best method of avoiding/reducing heat stress in our animals is to maintain their body temperature. Temperatures over 90 degrees are ultimate cause for heat stress concern, and are considered an "Emergency Stress Index".

It's important to note that many of the actions it takes to get animals to the county fair add additional stress. Taking them to a fair or show with a new environment, a new pen, new water and other factors can add even more stress.

I have put together a list of helpful tips for animal exhibitors to keep in mind as they prepare for, travel to and enjoy their time at a local county fair. To view this list of important things to consider, visit this link: <https://tinyurl.com/nn69nrps>

Now, as important as it is for our fair animals to stay cool and hydrated -- it is equally as important for exhibitors and spectators to take the appropriate steps to stay safe as well! Here are a few things to consider as you visit your local county fair:

- Be sure to stay hydrated - first and foremost!

## **"Beat the Heat at the County Fair", Cont.**

- Take breaks in the shade
- Limit strenuous outdoor activities, especially during the heat of the day
- Make sure to wear sunscreen
- Wear light-colored clothing
- Visit the indoor exhibits
- Bring a cool, wet rag to place around your neck and/or a fan for extended visits

According to the National Weather Service, heat-related conditions are one of the greatest weather threats. Be sure that you know the signs of heat exhaustion or heat stroke and always take proper precautions for you and your family when spending the day in these blistering temperatures!

We at Twin Creeks Extension District would like to wish all of our county fair exhibitors the best of luck as you showcase your hard work and talents over the next few weeks! We also invite the public to come out and support our local youth and open class exhibitors, it is always appreciated.

For more information about Decatur, Graham, Norton & Sheridan County Fairs, visit our website at: <https://tinyurl.com/4vmy8vww>

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