



PRESS RELEASE
July 8, 2010

For Immediate Release

Hyde County, North Carolina

News Release

Release Date: For Immediate Release

Date: July 8, 2010

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Heat-Related Health Risks and Prevention Tips

The past few weeks of high temperatures provide a good reminder of the health-related impact of extreme heat. From June 11 through June 28, data from NC DETECT (Emergency Departments Visits) indicated that approximately 319 people had sought medical treatment for a heat-related illness (See figures). Currently the majority of the heat-related ED visits are among young and middle aged adults. Most of these persons were exposed to heat while playing or working outside. Many jobs that require exposure to outside temperatures have the potential to place people at increased risk. A few simple measures can help reduce this potential.

To avoid heat-related illness on hot days:

1. Drink plenty of water or fruit and vegetable juices. Avoid caffeine or alcohol.
2. Limit your time outdoors, especially in the afternoon when the day is the hottest.
3. Be careful about exercising or doing a lot of activities when it is hot.
4. Stay out of the sun, take frequent breaks, drink water or juice often, and watch for sign of heat exhaustion or heat stroke.
5. Dress for the weather. Loose fitting , light colored cotton clothes are cooler than dark colors or some synthetics.
6. If you live in a home with out fans or air-conditioning, open windows to allow air flow, and keep shades, blinds or curtains drawn in the hottest part of the day or when the windows are in direct sunlight.
7. Try to spend at least part of the day in an air-conditioned place like a shopping mall, senior center, a store, library, a friend's house or the movies.
8. Cool showers can help, too.
9. **DO NOT USE A FAN WHEN THE AIR TEMPERATURE IS ABOVE 95 DEGREES AS THE HOT AIR IT WILL BLOW WILL INCREASE YOUR HEAT STRESS.**

10, NEVER LEAVE A CHILD OR A DISABLED OR ELDERLY INDIVIDUAL OR A PET IN AN UNATTENDED CAR, EVEN WITH THE WINDOWS DOWN.

11. A CLOSED VEHICLE CAN HEAT UP TO DANGEROUS LEVELS IN AS LITTLE AS 10 (TEN) MINUTES.

Additional information can be found at the CDC website:

http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp

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