

From: The Branch-Hillsdale-St. Joseph Community Health Agency

Press Release: Heat Stroke and Heat related illness facts and tips

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Is it hot enough for you?? The Branch-Hillsdale-St. Joseph Community Health Agency provides information and tips for dealing with the Heat.

Tips for Preventing Heat-Related Illness

- Drink more fluids. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler.
- Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off. Fans may help, but the overall help is limited.
- Wear lightweight, light-colored, loose-fitting clothing.
- **Some people are at greater risk than others. Check regularly on:**
 - Infants and young children
 - People aged 65 or older
 - Those who are physically ill, especially with heart disease or high blood pressure

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you do exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat.
- Wear a wide-brimmed hat and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).
- Never, ever leave children in your car unattended. Remember A child's body temperature **increases three to five times faster than an adult's** and children are not able to dissipate heat as efficiently as adults. **Remember, on a warm day the temperature in a closed vehicle can reach 120 degrees in about 30 minutes**

Visit our Web site for additional information about heat stroke and other health concerns

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