

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

Press Release: Heat related illness and fun in the sun facts and tips

Contact: John Robertson, Director of Health Promotion & Education

robertsonj@bhsj.org 517-279-9561 x144

Summer has finally arrived!! With summer comes outdoor fun, especially here in Michigan. Lakes, fishing, ballgames and great sports teams; we've got it all. While having summer fun, however, we need to take a little responsibility and use a little common sense that will make this season more enjoyable for everyone. Common sense includes using sunscreen, not overdoing and becoming over heated, and taking care not to leave children or pets in a closed vehicle in the hot sun. Responsibility is knowing that skin cancer is the most common form of cancer in the US and we have the power of prevention in remembering to put on some sunscreen before heading out into the great outdoor of Michigan.

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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