

Protect Yourself from Heat-Related Illness

It's going to be hot and humid this week in Columbia County, with temperatures in the high nineties Monday-Tuesday (July 6-7). Heat stroke, heat exhaustion, heat cramps, and heat rash may result from over-exposure to hot temperatures.

Here are some helpful tips for staying safe in the heat:

- Use air conditioning/go to an air-conditioned building.
- If you don't have air conditioning in your home, open windows and shades on the shady side and close them on the sunny side.
- Drink plenty of fluids, but avoid alcohol, caffeine and sugary drinks.
- Take cool showers and baths.
- Take regular breaks from physical activity.
- Avoid strenuous activity during the hottest part of the day (between 11 a.m. and 4 p.m.).
- Wear loose, lightweight, light-colored clothing.
- Stay out of the sun as much as possible.
- Wear sunscreen and a ventilated hat (e.g., straw or mesh) when in the sun, even if it is cloudy.
- Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes.
- Check on your neighbors, family and friends, especially those who are elderly or have special needs.
- Talk to your doctor or pharmacist about what medications might make you more sensitive to the heat.
- Those at high risk of heat-related illness: older adults, young children, people who are overweight, people who do not perspire normally, people with some chronic medical conditions (i.e. history of dehydration, heart problems, respiratory or lung problems), people who work outdoors or in hot settings, and people who take certain medications that cause sensitivity to the sun or interfere with the body's ability to sweat and stay cool.

For more information, please visit
<http://www.nyhealth.gov/publications/1243/>

Or call the Columbia County Department of Health at 518-828-3358

Or the NY State Department of Health, Center for Environmental Health at
800-458-1158

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And the NY State Department of Health*