



News Release

FOR IMMEDIATE RELEASE –
Cumberland County Public Health Department
Contact: Sharon Barrett, 910-433-3672

July 28, 2011

Health Advisory: Extremely Dangerous Heat & Humidity

FAYETTEVILLE - The Cumberland County Department of Public Health encourages everyone to protect themselves against the deadly mixture of extreme heat and high humidity currently pounding North Carolina. More of the record-breaking extreme heat we have experienced over the past few weeks is predicted for the next few days. Such high temperatures can lead to heat related illnesses and can even be fatal.

According to the Centers for Disease Control (CDC), more people across the entire country have died from extreme heat than from hurricanes, lightning, tornadoes, floods and earthquakes combined. But, heat related illnesses and deaths are preventable.

Limit your time outside and drink plenty of fluids — especially water. Limit your consumption of alcoholic beverages because they dehydrate and increase the need for water. If you do not have air conditioning, go to a cool place. There are many public places that have air-conditioning. **Also, the Cumberland County Department of Social Services, located at 1225 Ramsey Street, has opened an auxiliary lobby to the public during regular business hours when temperatures are extremely high.**

The body is less able to cool itself in times of excessive heat and humidity. Sweat does not evaporate as quickly when the humidity is high, which slows down the body's ability to cool itself. The elderly, the very young, people with mental illness and chronic diseases are at the greatest risk. The CDC warns everyone that summertime activity, whether on the playing field or the construction site, must be balanced with measures that help the body to stay cool.

The CDC encourages using common sense to protect against health problems during hot weather and emphasizes the following preventative measures:

- Avoid hot foods and heavy meals. They add heat to your body.
- Drink plenty of fluids and replace salts and minerals in your body. Do not take salt tablets unless under medical supervision.
- Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches.
- Do not leave infants, children, or pets in a parked car.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.

For more information, visit the CDC website at http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp.

-end-