



# News Release

FOR IMMEDIATE RELEASE -  
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## Health Advisory Tips for the High Temperatures

The Cumberland County Department of Public Health advises the community to be cautious during the high temperatures. Prolonged exposure to high temperatures can cause injury and death to residents and their pets, especially children and the elderly.

Make sure to keep children well hydrated with water and juice. Limit outdoor activities, especially during the heat of the day. Playground equipment can cause burns in high temperatures, so be sure to check playground equipment before allowing children to play. Children should never be left alone in a parked car. Cars can heat up to 120° F in as little as 10 minutes.

Take time to check on elderly neighbors, family, and friends without air conditioning. Make sure that they are protected and have plenty of fluids.

### Be aware of stages of heat-related illnesses:

- **Heat Cramps:** Muscle pain and cramps due to lack of water, which is an early sign that the body is having trouble with the heat.
- **Heat Exhaustion:** The body loses a significant amount of fluid, which can result in mild shock.
- **Look for these signs and symptoms:**
  - Cool, moist, pale, flushed or red skin (the skin may be red right after physical activity)
  - Heavy sweating
  - Headache
  - Dizziness and weakness or exhaustion
  - Nausea
- **Heat Stroke:** This is a life-threatening condition and requires immediate medical attention.

### Look for these signs and symptoms:

- Vomiting
- Decreased alertness or complete loss of consciousness
- High body temperature (sometimes as high as 105° F)
- Dry, red, hot skin

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- Rapid, weak pulse
- Rapid, shallow breathing

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

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities.
- Eat well-balanced, light, and regular meals.
- Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Use sunscreen.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.