

When You Can't Stand the Heat



Why is heat a health issue?

Summer's heat can be serious — and even deadly — if your body can't cool off fast enough from rising temperatures.

If I'm young, should I be concerned?

Anyone can get sick from high heat, but some people are more at risk:

- Infants and young children
- Adults older than 65
- People with health problems or on medication
- People who are overweight

How can I avoid getting sick from high heat?



- Stay indoors; if there's no air-conditioning, go to a public place.
 - Drink lots of water. Call your doctor if you've been told to limit liquids due to a medical problem.
 - Avoid sugary drinks and alcohol.
 - Wear loose, light clothing.
 - Take a cool bath or shower.
 - Limit outdoor exercise to early morning or early evening; drink 2-4 glasses of water or sports drink every hour.
 - If you must be outside, wear a wide-brimmed hat and rest in the shade.
- **Never** leave any person or pet in the car.

For more information go to:

www.cdc.gov/Features/ExtremeHeat

Health Whys

A public health message from

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Jefferson
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www.vdh.virginia.gov/LHD/ThomasJefferson