

REDUCING HEAT-RELATED ILLNESSES DURING EXTREME HEAT

- Stay cool, stay hydrated, and stay informed.
- Extremely high temperatures can affect your health, and heat-related illness is preventable.
- Those most at risk for heat-related illness include adults over 65, people who work outdoors, children under 4, and those with chronic illness.
- Drink plenty of fluids regardless of your level of activity even if you are not thirsty. Drink between 2-4 cups per hour while working outside. Avoid sugary, caffeinated, and alcoholic drinks.
- Limit sun exposure from 11 a.m.-5 p.m., and try to schedule outdoor activities in the early morning or later evening.
- Dress yourself and your children in loose, light-weight, light-colored clothing that covers the skin. Wear sunglasses and wide-brimmed hat.
- Apply sunscreen with SPF 15 or more 10 minutes before going out; re-apply every two hours.
- Never leave infants, children, or pets in a parked car.
- Check at least once a day on neighbors, family, and friends over 65 or living with chronic illness.
- Learn the symptoms of heat-related illness, and call 911 when there are signs of heat stroke

For more information about Heat Related Illnesses check out

<http://www.oregon.gov/oha/PH/Preparedness/Prepare/Pages/PrepareForExtremeHeat.aspx>