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TO: DeKalb County News Media
FROM: DeKalb County Health Department

FOR IMMEDIATE RELEASE
Beat the Heat

With summer temperatures on a rise, DeKalb County Health Department (DCHD) is sharing tips from the Centers of Disease Control and Prevention to “Beat the Heat:”

Stay Cool

- Stay in air-conditioned locations.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family, and neighbors at least twice a day. These may include seniors and people with chronic health conditions.
- Never leave anyone, including pets, alone in a closed, parked vehicle. The air temperature inside a car rises rapidly during hot weather and can lead to brain damage or death.
- Cooling centers are available to provide an air-conditioned place where residents may go to cool off. During normal business hours, these places include public libraries and Government owned buildings.

Stay Hydrated

- Drink more water than usual and don’t wait until you’re thirsty to hydrate.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or beverages with high amounts of sugar.

Stay Informed

- Check the local news for extreme heat warnings.
- Know the signs of heat-related illness: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- Heat exhaustion can lead to heat stroke, which can cause death or permanent disability unless immediately treated. Symptoms of heat stroke include an extremely high body temperature (above 103°F); red, hot, and dry skin; rapid breathing; racing heart rate; headache; nausea; confusion; and unconsciousness. If heat stroke is suspected, call 911 immediately.

For more information about staying cool during the summer months, follow DCHD on social media and visit <https://www.cdc.gov/cpr/infographics/beattheheat.htm>



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