FOR IMMEDIATE RELEASE

Beat the Heat

With summer temperatures on the 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 illnesses: 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/beatttheheat.htm