

# High Temperatures Bring Risk of Heat-Related Illnesses

The National Weather Services warns that temperatures in many Orange County communities are expected to reach high temperatures above 90 degrees this week, increasing the risk of heat-related illnesses for those who are more sensitive to heat.

Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat-related illnesses include:

- Drink plenty of water; don't wait until you are thirsty.
- Wear light, loose-fitting clothing.
- Stay out of the sun if possible. When in the sun, wear a hat, preferably with a wide brim, and use sunscreen.
- Avoid strenuous activities if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
- Never leave children, elderly people, or pets unattended in closed cars or other vehicles.

- Stay cool indoors – if your home is not air-conditioned, visit public facilities such as shopping malls and libraries to stay cool. For more information, call 2-1-1.

- If you have pets, be alert for any sign of heat stress, heavy panting, glazed eyes, or deep red or purple tongue. Never leave pets without shade, air circulation, and fresh water. Never leave pets in a vehicle.

- Check on your neighbors and on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.

For more information on heat-related illnesses visit <https://www.cdc.gov/niosh/topics/heatstress/default.html> or For more information on heat-related illnesses, visit the Centers for Disease Control and Prevention website at <http://emergency.cdc.gov/disasters/extremeheat/>.