

THE Heat is On

Most of us can cope in normal hot weather. But don't risk getting sick during long periods of extreme heat — especially when temperatures reach 10 degrees or more above the average high for your region.

Your body may lose its ability to regulate body temperature properly when you're exposed to very hot conditions. Heat-related illnesses most often occur from being in the heat too long, or working or exercising too much for your age and physical condition. Older adults, infants, young children and those who are unhealthy or overweight are most at risk.

Signs of heat-related illness:

- **Heat exhaustion** — precedes heatstroke; symptoms include heavy sweating, nausea, rapid breathing, sudden fatigue, dizziness and a fast, weak pulse.
- **Heatstroke** — is life threatening when body temperature quickly spikes; symptoms include dry skin, rapid, strong pulse and dizziness.

Contact your health care provider if you have symptoms that worsen or don't improve within 1 hour. Get immediate medical attention if your temperature reaches 104°F or higher.

Keep cool to prevent heat-related illnesses:

- **Drink water each hour** to stay hydrated.
- **Take regular breaks** in shade or air conditioning.
- **Wear a hat** and lightweight, loose-fitting clothing.
- **Avoid strenuous tasks midday**, when the temperature is usually highest.
- **Never leave** young children or pets in a parked car.
- **Let your vehicle cool down** before you drive it.
- **Let your body acclimate** when traveling to hot locations.

