

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



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Vision: To be the Healthiest State in the Nation

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Florida Department of Health Palm Beach County Prevention Tips for Heat Exposure and Exhaustion

PALM BEACH COUNTY, FL—Florida Department of Health in Palm Beach County has an enhanced surveillance system with area hospitals to identify diseases and conditions affecting the community. During the past four weeks there has been a case of heat exhaustion, heat exposure or heat stroke reported every day from at least one of the surveillance hospitals.

“Every day someone in Palm Beach County has reported a form of heat related illness. I would like to remind everyone to slow down, cool down, and drink plenty of fluids,” said Florida Department of Health in Palm Beach County Director, Dr. Alina Alonso. “Recognizing the signs of heat illness and taking the necessary preventive measure can keep a person well and out of the hospital.”

Heat injury can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure and people working or exercising in a hot environment. If you do suspect heat injury the following cooling measures are effective:

- Drink cool, nonalcoholic beverages, water is the best hydration
- Rest in an air-conditioned environment
- Take a cool shower, bath or sponge bath
- Wear lightweight clothing
- Prevent sun burn, it damages the skin's ability to dissipate heat. Wearing sunscreen of 30 spf.

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Warning signs vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

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Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

More tips and information can be obtained by visiting, flhealthpalmbeach.org or floridahealth.gov.

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