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In Recognition of the Current Heat Wave Forecasted in Our Locality EMA Director Hernan Johnson and the EMA Staff Offer These Precautions on Heat Exhaustion to take as the Temperature Rises.

Heat exhaustion is the body's response to an excessive loss of water and (salt) contained in sweat. The elderly and those with certain illnesses like high blood pressure, coronary disease, auto immune illnesses and those who are working outdoors in hot environments' along with joggers and those exercising are more prone to heat exhaustion. Children can suffer heat exhaustion too at parks and camps and while walking or playing outside if temperatures soar and they are not kept hydrated. Pet dogs should never be left outdoors or enclosed in a hot garage when temps reach into the 90's. They need a lot of extra hydration and a cool space as well.

WARNING SIGNS: Heavy sweating, breathing difficulty, paleness, muscle cramps, weakness, tiredness, dizziness, feeling faint, headache and nausea are some things to watch for.

WHAT TO DO: Preferably rest in a cool or air conditioned area. Loosen clothes. Cool down with a shower, bath or sponge bath. Drink plenty of non alcoholic and caffeine free beverages. Seek medical attention if symptoms worsen or persist longer than an hour or if chest pains develop.

WHEN A HEALTH ADVISORY IS ISSUED: Stay indoors in a cool environment (Air conditioning). Places known to stay cool in hot weather usually are supermarkets, shopping malls, movie theaters, libraries and stay for a few hours. Increase your fluid intake regardless of your activity level. Do not wait until you feel thirsty to drink liquids. Be certain infants and children drink adequate amounts of fluids. Dress lightweight in light colors. Keep a spritzer bottle of water handy and use it often to cool skin. Wear sunscreen outdoors. Sunburn affects your body's ability to cool itself and causes fluid loss. Do call and check on the elderly and infirm living alone twice a day or more when advisories have been issued. A very important factor not to be ignored is the use of electric fans as primary cooling devices. A fan will not prevent heat related illnesses. Cool showers, baths and sponge baths are far more effective to cool body heat down. Air conditioning is recommended as the best means to staying cool and

well during heat advisories. Those at greatest risk will benefit from air conditioning because it not only cools the environment it also removes water from the air making it easier to breathe.

Those living with heart and or lung illnesses would be wise to invest in air conditioning if at all possible (at least a small unit for one room) to rely on during a heat wave. Today's prices have dropped considerably making it possible for many more people to stay medically healthy during extremely hot, humid weather conditions.

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