

Summer Heat Safety

Extreme heat can cause illness and even death

Who's at Highest Risk?

- Individuals 65 years of age or older
 - Overweight people
 - Children up to age four
 - Those who work outdoors
- People who are ill or on certain medications

Be Smart

- Don't leave infants, pets or elderly people in parked cars.
- Check on elderly and home-bound people often. Encourage them to drink water.
 - Drink plenty of water, even if you don't feel thirsty.
- Avoid alcohol and liquids containing large amounts of sugar or caffeine.
 - Limit vigorous activity to cooler morning or evening hours.
 - Wear loose-fitting, lightweight light-colored clothing.
- Wear sunglasses, a wide-brimmed hat and SPF 15 or higher sunscreen.

Be Aware!

Seek medical help if you or someone you know is experiencing the following:

- Muscle pain
- Throbbing headache
- Cramps
- Red, hot skin without sweating
- High body temperature
- Confusion
- Nausea
- Tiredness
- Weakness
- Fast breathing
- Fast, weak pulse
- Seizures

First Aid

Get medical attention if symptoms are severe or victim has a medical issue

- Get the victim out of the sun
- Loosen clothing and lay them down
- Cool down using a hose, sponge, or cold bath
- Wrap victim in wet sheets and fan vigorously
- Give small sips of water
- If vomiting or unconscious, do not give food or water

Attention Athletes

- Hydrate before, during and after physical activity.
- Use flavored, cold, salty sports drinks, like Gatorade to replace electrolytes.
- Avoid wearing excess clothing, including sweatshirts.
- Remove helmet when not playing or scrimmaging.
- Wear a net-type jersey.

Know the Facts

- About 675 people die each year in the U.S. due to extreme heat.
- Every location in Michigan has experienced extreme heat (100 degrees) at some point.
- Detroit area experiences about twelve days a year that reach 90 degrees or higher.
- Warm nights with temperatures above 70 degrees make it difficult for the body to cool itself and creates even more heat-related stress on the body for the next day.

Heat Watches, Advisories and Warnings

Issued by the National Weather Service

Excessive Heat Watch - Issued when the heat index has the possibility of reaching 105 degrees within the next two-three days.

Heat Advisory - Issued when the heat index is expected to be at least 100 degrees for at least three hours. May be issued when several hot days occur together.

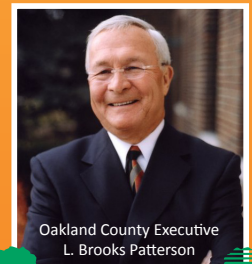
Excessive Heat Warning - Issued when the heat index is expected to be at 105 degrees for three hours or more. May be issued with several successive days of heat.

**For more information on summer heat safety, call
(248) 858-1406 or toll free 1(800) 848-5533.**

Visit our website at www.oakgov.com/health.

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La División de Salud del Condado de Oakland no negará participación en sus programas basados en la raza, sexo, religión, origen nacional, edad o discapacidad. Los requisitos de la elegibilidad del estado y el gobierno federal solicitarán ciertos programas.



Oakland County Executive
L. Brooks Patterson



Department of Health & Human Services
HEALTH DIVISION

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