



Public Health
Prevent. Promote. Protect.

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In cooperation with Missouri

Dept. of Health & Senior Services

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Hot Weather Concerns

Summer temperatures are warming, raising the risk of heat-related illness such as heat exhaustion and heat stroke. Texas County residents are starting to seek treatment in the local emergency room for heat-related illnesses.

To protect yourself against heat-related illness:

- Drink plenty of water, even if you do not feel thirsty; avoid alcoholic and caffeinated beverages
- Wear light-weight, loose-fitting, light-colored clothing, hats and sunglasses and apply sunscreen when outside
- Avoid strenuous work or exercise outside during the hottest part of the day (If that is not practical, take frequent breaks and remember to drink plenty of water.)
- Use a buddy system between co-workers in high heat-stress jobs to help ensure that signs of heat stress do not go unnoticed
- Check on the elderly, young children, and pets; never leave infants, children or pets in a parked vehicle
- Eat small, frequent meals, avoid high protein foods, hot foods and heavy meals
- Do not rely on fans as your primary cooling device (If you do not have air conditioning, visit a shopping center, public library, community center, cooling center or other air-conditioned facility.)
- Avoid sitting directly in front of a fan (Fans re-circulate room air and may actually increase your body temperature and your risk of heat-related illness.)
- Check with your pharmacist or doctor to find out if medication you are taking puts you at increased risk for heat-related illness
- Provide pets with extra water and access to, at least, a shaded environment

Common signs and symptoms of heat-related illnesses:

Heavy sweating	dizziness	fainting
Muscle cramps	headache	nausea or vomiting
Growing pale	exhaustion or weakness	fatigue

Each year more people in the United States die from extreme heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. Groups especially at risk are the elderly, chronically ill, children under 4 years old and anyone who works or exercises vigorously outdoors.

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