

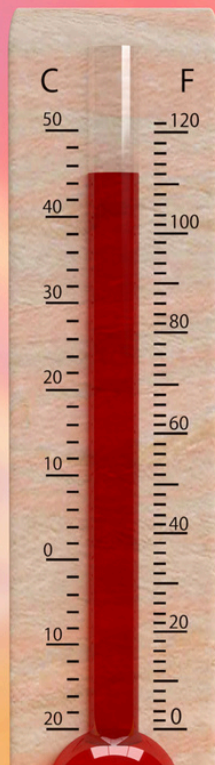
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THE NORTH COUNTRY HEALTH EFFECT

A health & safety guide brought to you by the Clinton County Health Department.



Extreme temperatures

Summer in the North Country is typically greeted with fanfare after a long, cold winter, but being too hot can be dangerous. When the temperature is much hotter and/or humid than usual it puts us at risk of heat-related illnesses. Knowing what to do when temperatures soar can help prevent your family from heat-related illness.

Beat the heat

Dress in lightweight, light-colored, loose-fitting clothing to help keep cool.

Drink plenty of fluids before you are thirsty, regardless of how active you are. Avoid alcohol, caffeine and sugary drinks as they will cause you to lose more body fluid. As you sweat you will need to replenish the fluids your body loses (more on page 3).

Stay out of the sun as much as possible. People and pets should limit outdoor activities to the times of the day that are typically cooler (i.e., early morning or evening). Rest often in shady areas.

Stay in air-conditioned areas as much as possible. If your home does not have air conditioning, visit a cooling center—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

Places to get cool

The NYS Department of Health collects information about seasonal cooling centers from local health departments and emergency management offices. If you are looking for a place to cool down, visit www.health.ny.gov/environmental/weather/cooling/.

Stay Hydrated

About 60% of our body is made up of water, so we need to make sure we are replenishing our losses, especially during periods of high temperature.

By the time you are thirsty, you are already behind in replacing your fluids. When you have to be active or outside during extreme temperatures, try to drink 1 cup of water every 15-20 minutes. This will add up to about 1 quart every hour.

What to look for

Mild/moderate dehydration:

- Feeling thirsty
- Dry mouth
- Headache
- Muscle cramps
- Dry skin
- Dark urine

Severe dehydration:

- Loss of strength
- Confusion
- Dizziness
- Rapid heartrate
- Rapid breathing
- Fainting

Dehydration in infants

Signs & symptoms of dehydration in infants include: dry mouth and tongue, crying without tears, dark urine, fewer wet diapers than usual, a high fever, being unusually tired, irritability, sunken soft spot on the top of the head or eyes that look sunken. **Contact your pediatrician immediately if your child is experiencing these symptoms.**

Heat-related illnesses are preventable. Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness.

Heat stroke

Heat stroke is the most serious heat-related illness. It happens when your body can no longer control its temperature. Heat stroke can cause permanent disability or death if the person does not receive emergency treatment. Signs & symptoms include:

- High body temperature (103°F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

Heat stroke is a medical emergency - call 911 right away. Move the person to a cooler place and help lower their temperature with cool cloths or a cool bath. Do not give the person anything to drink.

Heat exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating. Signs & symptoms include:

- Heavy sweating
- Cold, pale and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness, weakness or dizziness
- Headache
- Fainting (passing out)

If someone is experiencing heat exhaustion, move them to a cool place and loosen their clothing. Put cool, wet cloths on their body or have them take a cool bath. They can sip on water. Get medical help right away if they are throwing up, their symptoms are getting worse, or their symptoms last longer than an hour.



Heat related illness


Heat-related illnesses happen when your body can't cool itself down properly. Your body usually sweats to cool itself down, but during extreme heat this might not be enough. When that happens, your body temperature rises faster than it can cool itself down.

Certain populations should be extra cautious of extreme temperatures because they are at a higher risk of developing heat-related illnesses. This includes: older adults (65+), infants and children, those with chronic medical conditions, athletes, those without air conditioning, and outdoor workers.

Some factors may increase your chances of developing heat-related illness. They include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Heart disease
- Mental illness
- Poor circulation
- Sunburn
- Prescription drug use
- Alcohol use


Heat Related Deaths
ARE Preventable
LOOK BEFORE YOU LOCK



The temperature in your car can quickly become deadly!

Outside Temperature 80°

Inside 99° Time Elapsed: 10 Minutes	Inside 109° Time Elapsed: 20 Minutes
Inside 114° Time Elapsed: 30 Minutes	Inside 123° Time Elapsed: 60 Minutes

 [weather.gov/heat](https://www.weather.gov/heat) [nhtsa.gov](https://www.nhtsa.gov)

Look before you lock

Never leave children or pets inside a parked car, even briefly. Even with the windows cracked, a car will quickly heat up to dangerous temperatures.

For more health & safety tips, visit www.clintonhealth.org/nchealtheffect or scan the QR code.



CCHD

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Information in this guide was adapted from the Centers for Disease Control and Prevention (CDC, www.cdc.gov); the New York State Department of Health (NYSDOH, www.health.ny.gov); and the American Red Cross (www.redcross.org).