



# **NEWS RELEASE**    Mobile County Health Department

**June 14, 2010**

251 N. Bayou St.  
P.O. Box 2867  
Mobile, AL 36652

[www.MobileCountyHealth.org](http://www.MobileCountyHealth.org)

## **FOR IMMEDIATE RELEASE**

**Contact:** David Mann, Public Information Officer, 690-8823, [dmann@mobilecountyhealth.org](mailto:dmann@mobilecountyhealth.org)

---

## **Mobile County Health Department warns of health risks related to high temperatures**

The National Weather Service is predicting that the Heat Index values in Mobile today will range from 102 to 107 degrees from late morning through the late afternoon. Tuesday, the Heat Index values will range from 100 to 105 degrees.

Dr. Bert Eichold, Health Officer, says sunstroke, heat cramps, heat exhaustion, and heatstroke are possible with prolonged exposure and/or physical activity when Heat Index values are at these levels.

“Because of the high temperatures we experience in our area during the summer period, people should be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death,” he says.

Eichold says infants and young children, people aged 65 or older, people who have a mental illness, and those who are physically ill (especially with heart disease or high blood pressure) are at greatest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities and do not take proper precautions.

### **Tips for preventing heat-related injuries**

- Drink more fluids regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.
- Do not drink liquids that contain caffeine, alcohol, or large amounts of sugar. They actually cause you to lose more body fluid. Also, avoid very cold drinks because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to a shopping mall or public library. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Electric fans may provide comfort; but when the temperature is in the high 90s, fans will not prevent heat-related illness. Take a cool shower or bath. Moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- Never leave children (or anyone else) or pets in a closed, parked vehicle.
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children need more frequent watching.

### **If you must be out in the heat**

- Limit your outdoor activity to morning and evening hours.

-more-

- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low salt diet, talk with your doctor before drinking a sports beverage.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing sunglasses and a wide-brimmed hat. Also, put sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

<b>Heat Index and Related-Heat Disorders</b>	
<b>Heat Index</b>	<b>Possible heat-related disorders for people in higher risk groups</b>
130°F or higher	Heatstroke/sunstroke highly likely with continued exposure.
105°-130°F	Sunstroke, heat cramps, or heat exhaustion likely; and heatstroke possible with prolonged exposure and/or physical activity.
90°-105°F	Sunstroke, heat cramps, and heat exhaustion possible with prolonged exposure and/or physical activity.
80°-90°F	Fatigue possible with prolonged exposure and/or physical activity.

■ ■ ■