



# City of Springdale

## Take Precautions Against Extreme Heat



The City of Springdale Health Department reminds residents to take precautions to protect their families from heat related illness:

- Drink plenty of fluids while outdoors to avoid the risk of dehydration. Don't wait until you are thirsty to drink.
- During heavy exercise or work in a hot environment, drink two to four glasses each hour.
- Avoid beverages that contain alcohol or caffeine, because they can add to dehydration and increase the effects of heat illnesses
- Take breaks as needed in air conditioning to prevent heat exhaustion.
- Friends and neighbors are urged to periodically check on the elderly and those with illnesses, since they are among those at highest risk for heat-related problems.
- Children or animals left inside a vehicle are at risk for serious heat-related illnesses or even death. To remind yourself that a child is in the car, place bags, phones or other items you will take with you in the back seat. This will force you to turn around before exiting the car.
- Limit the risk of sunburn and skin cancer by wearing sunscreen with an SPF of at least 30. Reapply often during extended periods of exposure.

Warning signs of heat exhaustion include fatigue, nausea, headache, excessive thirst, muscle aches, cramps, weakness, confusion, anxiety, drenching sweats, slowed heartbeat, dizziness, agitation, and fainting. If an individual begins to show signs of heat exhaustion, move to an air conditioned area, provide water, apply wet cloths and call 911 for emergency medical assistance.

For more information about promoting warm weather health and safety, please visit the CDC's website:

<http://www.cdc.gov>