



Office of  
Emergency  
Management

[www.lakecountyfl.gov](http://www.lakecountyfl.gov)  
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Learning About

# EXTREME HEAT

# TIPS ON PREVENTING HEAT-RELATED ILLNESSES

- 01 Stay indoors** – If air conditioning is not available, stay indoors as much as possible, move to the lowest floor and stay out of the sunshine.
- 02 Maintain adequate meals** – Eat well-balanced, light and regular meals.
- 03 Drink water** – Drink plenty of water regularly. Persons who have epilepsy or heart, kidney or liver disease; are on fluid-restrictive diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- 04 Skip alcohol** – Though beer and alcoholic beverages appear to satisfy thirst, these types of drinks can actually cause further body dehydration.
- 05 Use the buddy system** – Avoid strenuous work during the warmest part of the day. If you must work in extreme heat, use the buddy system and take frequent breaks.
- 06 Wear a hat** – Protect face and head by wearing a wide-brimmed hat.
- 07 Dress appropriately** – Wear loose-fitting clothes that cover as much skin as possible. Lightweight, light-colored clothing reflects heat and sunlight, helping to maintain normal body temperature.

## AVOIDING EXTREME HEAT

Due to occasional heatwaves in Central Florida and the potential for the loss of power after a storm, extreme heat can be deadly. Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed, and the body must work extra hard to maintain a normal temperature. Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. **Older adults, young children, and those who are sick, or overweight are more likely to succumb to extreme heat.**

# HEAT-RELATED ILLNESSES

- **HEAT CRAMPS** can cause painful spasms usually in the leg and abdominal muscles and heavy sweating. Apply firm pressure on cramping muscles or gently massage to relieve spasms. Give a half glass of water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.
- **HEAT EXHAUSTION** can cause cool, moist, pale or flushed skin, heavy sweating, headache, nausea or vomiting, dizziness, and exhaustion. Body temperature will be near normal. Get the person to rest in a comfortable position in a cooler place and loosen clothing, and apply wet cloths.
- **HEAT STROKE** can cause hot, red skin; changes in consciousness, rapid weak pulse, and rapid shallow breathing. Body temperature can be very high, as high as 105 degrees. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will be very dry. Heat stroke can be a life-threatening situation. Call 9-1-1 immediately. Move the person to a cooler place and wait for medical assistance.

For more information go to  
[www.ready.gov/heat](http://www.ready.gov/heat)