

# Coos Health & Wellness

Together, Inspiring Healthier Communities



August 2, 2017

## FOR IMMEDIATE RELEASE

### TIPS FOR STAYING HEALTHY AND SAFE DURING EXTREME HEAT

[North Bend, Oregon] - The National Weather Service reports an extreme heat advisory for Coos County until August 3, 2017.

In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal body temperature. Most heat disorders occur due to overexposure to heat or because of excess physical activities during high heat conditions. Older adults, young children, and those who are sick or overweight are most likely to suffer from heat emergencies. Knowing what to do during extreme heat and how to respond to heat-related emergencies can save lives.

Here are a few tips to remain safe during waves of extreme heat:

#### ***What to do before extreme heat:***

- Cover windows that receive morning and afternoon sunlight with drapes or shades. Install temporary window reflectors between the windows and drapes. If you do not have reflectors, they can be made by covering cardboard with aluminum foil. This will help to reflect the heat back outside.
- Weather-strip doors to keep cool air in. Low-income families should be sure to research the Oregon Weatherization Assistance Program to see if they are eligible to have their homes inspected and if necessary, weatherized. Essential Services can be contacted at (541) 435-7080.

#### ***What to do during extreme heat:***

- Stay indoors as much as possible and limit exposure to the sun. Make sure to stay on lowest floor if air conditioning is not available.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat and make sure you understand the warning signs of heat emergencies.
- Never leave children or pets alone in closed vehicles. Heat within the vehicle can get fatal quickly.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. When outside, protect face by wearing a wide-brimmed hat.
- Drink plenty of water. Limit intake of caffeinated and alcoholic beverages as these can cause further dehydration.
- Make sure to check on family, friends, and neighbors who do not have air conditioning and who live alone.

### ***Signals of Heat Emergencies***

- ***Heat cramps***- Muscular pains and spasms due to heavy exertion. Often the first signal that the body is having trouble with the heat.
  - Treatment: Drink half glass of cool water every 15 minutes. Lightly stretch muscle affected by cramping
- ***Heat exhaustion***- Cool, moist, or pale skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal
  - Treatment: Get to a cooler place and apply cool, wet cloths, such as towels or sheets. Drink half glass of cool water every 15 minutes, slowly. Watch carefully for changes in condition.
- ***Heat stroke***- Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high—as high as 105 degrees F.
  - Treatment: Heat stroke is a life-threatening situation. Call 9-1-1 and move to a cooler place immediately. Quickly cool body; immerse affected person in cool bath or wrap wet sheets around the body and fan it. Keep person lying down and continue to cool the body any way you can until help arrives.

***Heat Index/Heat Disorders:*** Possible heat disorders for people, with respect to heat index.

***Heat Index of 130° or higher:*** Heatstroke highly likely with continued exposure to the sun.

***Heat Index of 105°-130°:*** Heatstroke, heat cramps and heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity.

***Heat Index of 90°-105°:*** Heatstroke, heat cramps, and heat exhaustion possible with prolonged exposure to sun and/or physical activity.

***Heat Index of 80°-90°:*** Fatigue possible with prolonged exposure and/or physical activity.

***Samantha Buckley – Public Health ER Preparedness Coord.***

1975 McPherson Avenue, #1, North Bend, OR 97459  
541-751-2404 [samantha.buckley@chw.coos.or.us](mailto:samantha.buckley@chw.coos.or.us)

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