For Immediate Release

Be Vigilant in Protecting Against Heat Illness

The National Weather Service has issued a heat advisory to begin at 11:00 a.m. on August 2, 2010 projected to last through Wednesday, August 4, 2010. The Springfield-Greene County Health Department reminds the community to take steps to protect against heat-related illnesses.

Precautions to protect against heat-related illness include:

- Drink plenty of water, even if you do not feel thirsty; avoid drinks that contain alcohol or caffeine
- Avoid strenuous work or exercise outside during the hottest part of the day (If that is not practical, take frequent breaks and remember to drink plenty of water.)
- Wear light-weight, loose-fitting, light-colored clothing, hats, sunglasses and sunscreen
- Check on senior adults, young children and pets
- Stay in an air-conditioned facility; If your home is not air conditioned, visit a shopping center, public library, community center, cooling center or other air-conditioned facility
- Find out if your medications increase your susceptibility to heat-related illnesses

Exposure to hot and humid conditions can cause heat-related illnesses such as heat rash, heat cramps, heat exhaustion, heat stroke and death. When heat and humidity are high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions can increase risk of heat illness including age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use. Common signs and symptoms of heat-related illnesses are:

- Heavy sweating
- Dizziness
- Fainting
- Muscle cramps
- Headache
- Nausea or vomiting
- Growing pale
- Fatigue
- Exhaustion or weakness

If you are someone you know experiences any of these symptoms, seek relief from heat. **If symptoms persist, seek medical attention.**

The following cooling centers will be open as needed in Springfield to provide air-conditioned facilities and relief from the heat:

- American Red Cross, 1545 N West Bypass
- Salvation Army, 1707 W Chestnut Expressway
- YMCA, 1901 E Republic Street
- YMCA, 417 S Jefferson

Events at Ozarks Empire Fair will be taking place in Springfield this week. The Fair has adjusted its hours because of the heat advisory. People attending the fair should make sure
to drink plenty of water and keep children hydrated as well. Take breaks from the heat and watch for signs of heat illness. Seek help immediately if heat illness signs develop.

For more information contact, Katie Towns-Jeter MPH, Public Information Administrator, 417-874-1205