For Immediate Release

Reminder: Take Caution During Continued Heat

With high temperatures expected to continue through the weekend, the Springfield-Greene County Health Department continues to urge residents 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 throughout the weekend in Springfield to provide air-conditioned facilities and relief from the heat:

- American Red Cross, 1545 N West Bypass 8 a.m. – 4:30 p.m.

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