



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE
June 28, 2012

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High Temperatures Mean Extra Precaution

Champaign-Urbana Public Health District Urges the Public to Watch for Symptoms of Heat-Related Illness

Champaign, IL –The Champaign-Urbana Public Health District (CUPHD) urges everyone to watch for the symptoms of heat-related illness, and to take precautions to keep their families and communities safe.

Heat-related illness can take many forms ranging from a mild case of heat exhaustion to a more serious and life-threatening case of heat stroke. Heat-related illnesses occur when the body becomes unable to control its temperature. The body's temperature rises rapidly and the body loses its ability to perspire and cool down. Rising to temperatures of 106° F or higher within 10 to 15 minutes can result in death or permanent disability if emergency treatment is not provided.

Signs and symptoms of heat-related illness include:

- An extremely high body temperature of 103° F or higher
- Red, hot, and dry skin (no signs of perspiration)
- Rapid, strong pulse
- Throbbing headache
- Dizziness or confusion
- Nausea

Never leave children, elderly persons, or pets in a parked car – even for a few minutes with the windows partially open. The metal of the vehicle conducts and concentrates the intense heat and brain damage or even death can occur from the rapid rise of temperature in the vehicle. Children, the elderly, and pets are especially susceptible to heat-related

illness due to a variety of factors including, but not limited to, the inability to adjust to sudden changes in temperature, the tendency to retain more body heat, dehydration due to over activity or exertion, and the lack of access to adequate fluids.

Precautions to avoid heat-related illness:

- Stay hydrated. Drink at least 48-64 ounces of cool non-caffeinated and non-alcoholic beverages (caffeine & alcohol are diuretics and will increase dehydration). Don't wait until you are thirsty to drink.
- Reduce the amount of activity during the hottest parts of the day. If you must be active during those times, try to take frequent breaks in a shady or cool area.
- Wear light-colored and lightweight clothes.
- Take a cool shower or sponge bath if you begin feeling over heated.
- Retreat to an air-conditioned environment if you begin to feel overly warm. If you do not have air conditioning, consider visiting a mall, grocery store, or other public place to cool off.

If you or someone you know shows signs of a heat-related illness, have someone call for medical assistance while you begin the cooling process:

- Take the person to an air-conditioned, cool, or shady area.
- Cool the person rapidly by spraying cold water from a shower or garden hose.
- Monitor the body temperature carefully until the temperature drops below 101°-102° F.
- Give plenty of cool (not cold) non-caffeinated, non-alcoholic beverages to drink.
- Get medical assistance as soon as possible.

Anyone can suffer a heat-related illness. CUPHD urges everyone to take precautions in the summer heat and to check on children, the elderly, and pets frequently. CUPHD is a kid-friendly cooling center and is open from 8:00 AM – 4:00 PM, Monday – Friday. CUPHD offers free breakfast, snacks, and lunch for kids under 18, educational TV, free Wi-Fi, coloring stations, and books for kids.

For more information, please contact CUPHD at (217) 531-2932 or visit www.c-uphd.org.

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