

HEAT ALERT!

With the season's highest temperature expected to arrive this Saturday during the 4th of July festivities, the Plainfield Health Department urges residents to take steps to avoid heat exhaustion and heat stroke.

Heat stroke is a life threatening condition and heat exhaustion can also require hospital care according to State Health Commissioner. When the weather turns extremely hot and humid, it is vital to drink plenty of fluids, spend time in cool places and reduce or reschedule any physical activity.

It is important to check on the elderly family members and neighbors to make sure they are safe. The national weather service is predicting prolonged hot and humid weather on the East Coast that will begin today and last through Saturday.

Prolonged heat & humidity can present a serious health hazard, especially for young children, the elderly and persons taking certain medications.

To avoid heat complications from excessive heat, please do the following:

- 1. Drink plenty of water or other non-alcoholic beverages.*
- 2. Make sure children and the elderly are drinking water and ensure that persons with mobility problems have adequate fluid in easy reach.*
- 3. If you do not have air conditioning, spend time in air conditioned places such as libraries, movies malls or other public buildings during the hottest hour of the day.*
- 4. Wear loose and light colored clothing.*
- 5. Wear a hat when outdoors.*
- 6. Reduce physical activities or reschedule it for cooler times of the day.*
- 7. Do not have children, frail elderly or disabled persons or pets in an enclosed car, not even for a few minutes- as temperatures can quickly climb to dangerous levels.*

Talk to your health provider about any medicine or drugs you are taking, certain medications such as tranquilizers and drugs to treat other debilitating diseases can increase the risk of heat-related illness.

People suffering from heat stroke can go from appearing normal to extreme illness in a matter of minutes. Victims may have hot, dry skin, a high body temperature of 105 degrees or more, absence of sweat and a rapid and strong pulse.

Victims may become delirious or unconscious. Persons suffering from heat stroke need immediate medical attention.

Heat exhaustion is a milder illness that may take several days of high temperature to develop. Victims may have pale, clammy skin and sweat profusely. They may feel tired, weak or dizzy and have aches or sometime cramps but their body temperature will remain close to normal.