July 30, 2021

FLORIDA DEPARTMENT OF HEALTH IN BAY COUNTY URGES RESIDENTS TO TAKE PRECAUTIONS IN THE HEAT

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PANAMA CITY, Fla.—The Florida Department of Health in Bay County (DOH-Bay) urges residents and visitors to take precautions to stay healthy and safe during extremely hot temperatures. Our area will be experiencing heat indexes well above 100 degrees for the next several days. Due to the prospective conditions, DOH-Bay wants residents and visitors to be proactive and ready to beat the heat.

Extreme heat can be the cause of serious health problems if individuals do not take the proper precautions. The best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.

"Extreme heat is the leading cause of weather-related deaths in the United States in most years," said Sandon S. Speedling, MHS, CPM, CPH, Administrator and Health Officer, DOH-Bay. "Heat-related illnesses can affect anyone subjected to high temperatures for prolonged periods of time."

Protect yourself with these helpful tips:
- Stay hydrated with water; avoid sugary, caffeinated, and alcoholic beverages
- Wear lightweight, light colored and loose-fitting clothing
- Stay cool in an air-conditioned area
- Avoid engaging in strenuous activities during peak hours
- Take a cool shower or bath
- Stay tuned in to local weather reports

Know the warning signs of heat-related illness:
- Extremely high body temperature (above 103ºF)
- Weakness, dizziness, or fainting
- Unusually elevated heart rate
- Fast and shallow breathing
- Nausea or vomiting
- Muscle cramps

About the Florida Department of Health

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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