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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 outside air temperatures near or above 100°F for the next several days.

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.

"Heat-related illnesses are preventable and can affect anyone subjected to high temperatures for prolonged periods of time," said Sandon S. Speedling, MHS, CPM, CPH, Administrator and Health Officer, DOH-Bay.

The Centers for Disease Control and Prevention provides the following recommendations:

Heat Stroke

What To Look For	What To Do
<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry, or damp skin• Fast, strong pulse• Headache, dizziness, nausea• Losing consciousness (passing out)	<ul style="list-style-type: none">• Call 911 right away—heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink

Heat Exhaustion

What To Look For	What To Do
<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting (passing out)	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour

For more information about the warning signs and symptoms of heat-related illness please visit:
<https://www.cdc.gov/disasters/extremeheat/warning.html#text>

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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