And The Heat Goes On...

Temperatures of 100 degrees of more will continue over the next several days. While heat-related deaths and illness are preventable, more than 600 people in the United States are killed by extreme heat every year. The warning signs of heat illness include heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. During this heat wave, be sure to: Drink plenty of water, provide plenty of water for pets, stay cool, stay indoors, wear light clothing and sunscreen when outdoors, plan outdoor activities for the cooler parts of the day, pace yourself, stay in touch with your family, friends and neighbor's daily and for those with health conditions and the elderly, check in more often. Common sense measures can prevent the possibility of heat-related illness. Some health conditions such as obesity, heart disease, poor circulation, sunburn and drug/alcohol use can make it harder for the body to stay cool in hot weather.

