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FOR IMMEDIATE RELEASE

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HEAT RELATED ADVISORY

Due to the current heat wave, the Putnam County Department of Health is advising all Putnam residents to be aware of potential health risks associated with the high temperatures and excess humidity:

Heat Illness

Heat related illness can occur in hot weather when the body fails to sufficiently cool itself through perspiration.

There are three stages of heat illness starting with **heat cramps**. The early stages are characterized by excessive sweating, muscle cramps, nausea, dizziness, thirst and weakness.

If nothing is done to prevent the early stages of heat illness, **heat exhaustion and/or heat stroke** can occur with symptoms of nausea and vomiting, headache, dilated pupils, cold and clammy skin, dizziness and lightheadedness

The last stage of heat illness, **heat stroke**, is the most dangerous and can be life-threatening. Symptoms include fast pulse, high body temperature, lack of sweat on skin, skin is dry and hot to touch, urine is dark, breathing in a rapid shallow manner, lethargic, confused, cold and nauseous, and loss of consciousness.

Prevention Tips:

- Avoid the outdoors during extreme heat.
- Increase intake of non-alcoholic, non-carbonated, caffeine free beverages such as water and juice.
- Wear clothing that is light in color and loose fitting.
- Stay in air-conditioned environments if possible.
- Check on elderly who are susceptible to heat related illness.
- Eliminate strenuous activity.
- If you must be outdoors, rest frequently in a shady spot.

For further information please contact the Health Education Unit at 845-808-1335.

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