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**PINELLAS COUNTY HEALTH DEPARTMENT**

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**FOR IMMEDIATE RELEASE**

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**It's Cool to Protect Your Family From Heat Exhaustion**

Heat exhaustion and heat stroke are definitely not cool. The Pinellas County Health Department urges families to be aware of the signs and symptoms of both heat-related conditions. Infants, children, seniors, people with medical conditions, those who work outdoors and people exercising in the heat of the day are the most susceptible to heat exhaustion and heat stroke.

Symptoms of heat exhaustion include heavy sweating, paleness, cramps, weakness, dizziness, fainting, and headache or nausea. Symptoms of heat stroke include extremely high body temperature above 103°F; red, hot or dry skin; rapid pulse; throbbing headache; dizziness; and/or nausea.

Here are some tips to prevent heat exhaustion or heat stroke:

- Drink lots of water and cool beverages
- Avoid alcohol
- Take rest breaks
- Cool off with a shower or bath
- Wear lightweight and light colored clothing
- Monitor your children for any signs of heat exhaustion and make sure they hydrate

For more information, go to the Centers for Disease Control and Prevention's extreme heat guide at [http://emergency.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp).

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