

Putnam County Health Department

In Cooperation with
The Department of Health of Missouri

FOR IMMEDIATE RELEASE:

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As you enjoy yourself in the hot weather this summer, remember to keep drinking water to keep yourself hydrated! This is very important in order to prevent heat exhaustion. Heat exhaustion is when your body gets too hot. Your body cools itself by sweating, and when you are exposed to high temperatures for a long time, and do not replace the fluids you are sweating, your body gets overwhelmed. As a result, your body produces more heat than it can release.

The symptoms you will experience at the beginning stages of heat exhaustion are the following:

- Heavy Sweating
- Fatigue
- Headache
- Extreme Thirst
- Dizziness and Nausea
- Muscle Cramps

When you or a loved one is experiencing these symptoms, it is very important that they receive immediate attention. If heat exhaustion goes untreated, it can progress to a heat stroke. You should see a doctor immediately, and they will assess how dehydrated you are.

How do I prevent heat exhaustion?

Drink plenty of fluids! If you are working or exercising in the heat, drink fluids before you get thirsty. Drink before, during, and after activities. Avoid alcohol, caffeine and sugar which can cause dehydration. Drink water or sports drinks, and wear light, loose clothing. If you would like more information and tips, visit the Center for Disease Control's website, www.cdc.gov.

The Putnam County Health Department is committed to the protection and improvement of health and the quality of life for all members of our surrounding community. For more information, call (660) 947-2429 or visit <http://putnamcohealthdept.org/index.html>.



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