



Cochise Health & Social Services

Mary Gomez, Director

*** MEDIA RELEASE ***

"Building A Healthier Future"

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FOR IMMEDIATE RELEASE: Excessive Heat Can Affect Your Health

High Temperatures Predicted for Cochise County

With daytime high temperatures in some parts of Cochise County predicted to approach or exceed 100 degrees for much of the next ten days, residents are advised to stay cool, stay hydrated, and stay informed.

Extremely high or unusually hot temperatures can affect your health. On average, 675 deaths from extreme heat events occur each year in the United States. **Most vulnerable are adults age 65 and older, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition or people on certain medications.**

Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke.

Stay cool

- Stay in air-conditioned buildings
- Do not rely on a fan as your primary cooling device
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight
- Wear loose, lightweight, light-colored clothing
- Take cool showers or baths to lower your body temperature
- Check on at-risk friends, family and neighbors at least twice a day

Stay hydrated

- Drink more than usual and don't wait until you're thirsty to drink
- Drink from two to four cups of water every hour while working or exercising outside
- Avoid alcohol or liquids containing high amounts of sugar
- Make sure your family, friends and neighbors are drinking enough water

Stay informed

- Check your local news for extreme heat warnings and safety tips
- Visit the [ADHS Heat Page](http://www.azdhs.gov/phs/oe/heat/index.htm) (<http://www.azdhs.gov/phs/oe/heat/index.htm>) to find tips for preventing heat sickness
- Sign up for [free weather alerts](http://www.weather.com/services/mobilesplash.html) (<http://www.weather.com/services/mobilesplash.html>) to your phone or e-mail
- Keep your friends, family and neighbors aware of weather and heat safety information

Additionally, the Arizona Department of Health Services encourages all residents to learn the signs and first aid response for heat-related illness. Warning signs and symptoms vary but may include:

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Public Programs, Personal Service: www.cochise.az.gov

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Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

What You Should Do

- Move to a cooler location
- Lie down and loosen your clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- If you have vomited and it continues, seek medical attention immediately

Heat Stroke

Symptoms

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

- Call 911 immediately — **this is a medical emergency**
- Move the person to a cooler environment
- Reduce the person's body temperature with cool cloths or even a bath
- Do **NOT** give fluids

And Don't Forget About Your Pets

Summer weather also can be extremely dangerous to animals. Do your part to keep them safe and healthy during hot temperatures with the following actions:

- *Never* leave your pet unattended in a car, even with the windows open. This remains the # 1 cause of heat stroke in dogs. In direct sunlight, it takes only a few minutes for the internal temperature to increase forty degrees or more above the outside air temperature.
- Always supply your pet with fresh water and make sure the dish is in the shade. Put ice in the dish to keep the water cooler, longer. Provide access to shade at all times.
- Take your dog swimming or hose them with water on hot days.
- Walk dogs in the early morning or late hours of the day when the sun is least harsh. Carry water during these walks.
- Walk your dog on grass or dirt to avoid burning their paws on hot pavement.
- If you have a rabbit, keep the hutch in the shade. In the wild, rabbits spend the hottest part of the day in their underground burrows where it's cool.
- Provide plenty of shade and fresh water for farm livestock.

About Cochise Health & Social Services

Cochise Health and Social Services promotes health and quality of life for all Cochise County residents through education, service and leadership.

For more information, please visit our website at <http://cochise.az.gov/health>.

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