



HOW TO PREVENT HEAT RELATED ILLNESS?



Temperatures will reach upper-90s this week, which can be dangerous for vulnerable community members. This document is subject to changes/updates.

Lane County, OR--Temperatures in Lane County are forecasted to reach the high-90's, prompting Lane County Public Health to remind residents to be aware of the signs of heat related illness and to stay safe by staying cool.

For an updated heat-related resources and places to cool off, please visit:
<http://lanecountyor.gov/cooling>

REMEMBER: Those at greatest risk for heat-related illness include young children; adults 65 and older; athletes; and people with chronic illness or who are overweight, work outdoors, or have a low income.

The best way to protect yourself from the harmful effects of excessive heat is to stay cool, stay hydrated and stay informed.

- Wear light colored clothing and use sunscreen.
- Schedule outdoor activities during cooler times of the day — like in the morning or evening.
- Drink plenty of fluids.
- Avoid alcoholic and sugary drinks.
- Stay informed of the weather and watch the Heat Index to help you identify the most dangerous periods during the heat wave.

Keeping Your Home Cool:

If you have an air conditioner, make sure it is installed and working. Set air conditioners to the setting most comfortable to you, preferably between 72°F and 79°F. Block the sun by using awnings or closing curtains and blinds during the day. Avoid using a fan as your main cooling source — especially when it is 90°F or more.

If you don't have a place that is cool during the hottest parts of the day, LCPH recommends visiting a place that has air conditioning, e.g., a library, community center or shopping center, or a park with plenty of shade and/or a water feature, like a splash pad.



Upcoming Extreme Heat Recommendations

DRESS LIGHT

Wear loose-fitting clothing.



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses.

STAY COOL

Stay somewhere with Air-conditioning

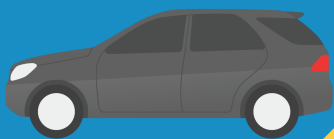


EAT LIGHT

Avoid hot foods and heavy meals.

STAY SAFE

Never leave infants, pets or children in parked cars.

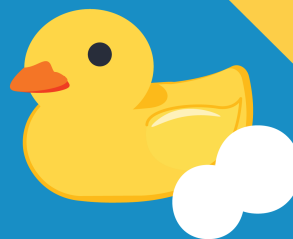


STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar.

USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside.



STAY COOL

Take a cool shower or bath.



PUBLIC HEALTH
PREVENT. PROMOTE. PROTECT