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Promoting and Protecting Public Health

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Douglas County Health Department Says Care Needed in Heat

Douglas County Health Director, Adi Pour wants everyone to remember the lessons of past years during this year's first blast of heat.

"Douglas County residents have been waiting for some hot weather and we've got it," Dr. Pour said. "But with temperatures expected to reach into the 90s with high humidity for several, there are some potential dangers."

A few simple tips can help prevent heat-related illnesses, like heat stroke, heat exhaustion and sunburn:

- NEVER leave a person or an animal in a closed, parked vehicle.
- Drink plenty of fluids, especially water. Avoid drinks with alcohol, caffeine or large amounts of sugar.
- It's best to limit outdoor activities to the cooler morning and evening hours. Athletes who are playing or practicing outdoors especially need to remain hydrated.
- People 65 years of age or older are more at risk and you can help by checking on your elderly neighbors.
- Use a sunscreen of SPF 15 or higher when you're outside.

With temperatures expected to push into the 90-degree range with high humidity, Douglas County will be experiencing the area's first heat wave. Here are some warning signs of heat stroke:

- An extremely high body temperature – more than 103 degrees Fahrenheit orally.
- Red, hot and dry skin – that means no sweating.
- A rapid, strong pulse and/or throbbing headache.
- Dizziness, nausea, confusion or unconsciousness.

Those warning signs require an immediate response, including making the person as cool as possible and then contacting a doctor.

"Keeping safe is the smart thing to do and it's easy," Dr. Pour said. "You are your own best protection against heat-related illness. Please be careful."

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