



SUNNY

WITH A CHANCE OF HEAT STROKE

Keep cool, hydrated and informed.

WHO IS AT RISK?

The elderly, infants and young children, people working outdoors, people living with chronic medical conditions, the homeless and the poor, people taking certain medications, and athletes are most at risk for heat related illnesses.

TAKE PRECAUTIONS

- Spend time in an air conditioned place.
- Check in with family, friends and neighbors.
- Limit outdoor activity, wear sunglasses, hats and sunscreen.
- Avoid using the stove or oven to cook.
- Don't leave children or animals in parked cars.
- Schedule activities early in the day or late in the evening.
- Drink lots of caffeine free, non-alcoholic beverages.
- Take cool showers or baths.
- Wear lightweight and light colored clothing.
- Don't use recreational drugs. They impair judgment and the body's response to the temperatures.

In hot weather take care of animals. They are also susceptible to the heat.

MEDICATIONS INCREASE YOUR RISK

Medications can increase the risk of temperature related illnesses. The following types of medications can increase the risk. Consult your doctor.

- Antidepressants
- Anti-Parkinson drugs
- Psychiatric drugs
- Some antihistamines
- Sleeping pills
- Laxatives
- Diuretics or water pills
- Heart medication
- Amphetamines
- Chemotherapy drugs

FIND A COOLING CENTER

During extreme heat, many cities offer cooling centers and other air-conditioned facilities for public use.

<http://gis.dhss.mo.gov/Web-site/coolingCenter/coolingCenter.html>



STAY INFORMED
BY LOCAL MEDIA
FOR EMERGENCY
ALERTS

BY LOCAL PUBLIC
HEALTH AGENCIES

GET ASSISTANCE
UNITED WAY
REFERRAL
211

HIGHWAY PATROL
800-525-5555
or DIAL *55
(from a cell phone)

911

MISSOURI
DEPARTMENT OF
HEALTH AND SENIOR
SERVICES
BUREAU OF
ENVIRONMENTAL
EPIDEMIOLOGY
P.O. BOX 570
JEFFERSON CITY, MO
65102-0570
573-751-6102

HEALTH.MO.GOV

AN EQUAL OPPORTUNITY/
AFFIRMATIVE ACTION
EMPLOYER
Services provided on a
nondiscriminatory basis.

DEHYDRATION

Dehydration occurs when the fluids leaving the body are not replenished.

Signs and Symptoms

- Thirst
- Dry, sticky mouth
- Headache
- Dizziness
- Muscle weakness
- Lack of sweating
- Decreased urine output
- Few or no tears when crying
- Shriveled, dry skin lacking elasticity
- Sunken soft spot on infants head
- Sunken eyes
- Low blood pressure

HEAT EXHAUSTION

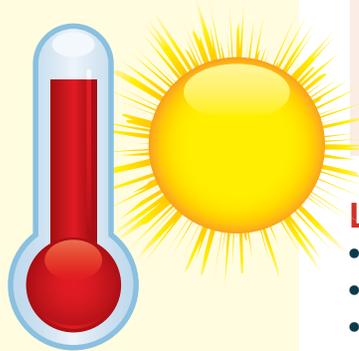
Heat exhaustion is a milder form of heat-related illness than heat stroke that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. If not treated it can lead to heat stroke.

Warning Signs

- Heavy sweating
- Fast, weak pulse
- Tiredness
- Weakness
- Paleness
- Dizziness
- Fainting
- Chills
- Irritability
- Muscle cramps
- Nausea or vomiting
- Clammy skin

What to Do

- Move to a cool place and lie flat with feet elevated.
- Apply cool, wet cloths to the forehead and wrists.
- Sip cool beverages.
- Call **911** if treatment doesn't work.



HEAT STROKE

Heat stroke is the most serious heat-related illness. It occurs when the body is unable to control its temperature. The body loses its ability to sweat and cannot cool down. It can cause death or permanent disability if emergency treatment is not provided.

Warning Signs

- High body temperature (above 103°F)
- Dizziness
- Nausea
- Confusion
- Convulsions
- No sweating (red, hot and dry skin)
- Tingling sensations
- Throbbing headache

What to Do

- Call **911** for emergency room or instructions.
- Move to a cool place, lie flat and elevate feet.
- Do not give fluids by mouth.
- Immerse in cool (not cold) water or sponge with cool water and fan vigorously.
- Monitor body temperature and continue cooling efforts until temperature drops to 101-102°F.

LIFESTYLE RISK FACTORS

- People living without fans or air conditioning
- People with no way to get to cooled facilities
- People who do not have appropriate clothing for the weather
- People attending crowded events
- People who do not understand how weather conditions can affect them

HEAT INDEX CHART

		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	137
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
	90	85	91	98	105	113	122	131									
95	86	93	100	108	117	127											
100	87	95	103	112	121	132											

Caution
Extreme Caution
Danger
Extreme Danger