

CHRONIC ILLNESS

Those living with a chronic illness are less likely to sense and respond to changes in temperature. They may also be taking certain medicines that intensify the effects of extreme heat. Examples of medications include:

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

This is not a complete list. Consult your doctor regarding the medications you are taking.

OTHER PRECAUTIONS TO AVOID HEAT-RELATED ILLNESSES

- Spend time in an air-conditioned place
- Avoid using stove or oven to cook
- Take cool showers and baths
- Mist with water while in front of fan
- Restrain from using recreational drugs; they impair judgment and the body's response to temperatures
- Take care of outdoor pets; they are also susceptible to the heat

		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	11
40	Relative Humidity (%)	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	13
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										

National Heat Index Chart

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/Website/coolingCenter/coolingCenter.html>

FIND ASSISTANCE

United Way Referral
2 · 1 · 1
Highway Patrol
*55

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
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SUNNY
WITH A
CHANCE OF
HEAT STROKE

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES

Everyone should take special care in extreme heat.

Those most at risk for heat-related illnesses are the elderly, people living with chronic medical conditions, children, the homeless, the poor, athletes, and those working outdoors.

WORKING OUTSIDE

People who work outdoors should:

- Drink plenty of fluids every hour while working
- Avoid beverages with alcohol, sugar or caffeine
- Wear and reapply sunscreen
- Wear loose, lightweight and light colored clothing
- Wear protective gear like hats and sunglasses
- Schedule work hours earlier or later in the day to avoid midday heat



Check on elderly friends, family and neighbors throughout the day to make sure they stay cool, hydrated and informed.

The inside of a car can reach life threatening temperatures in minutes. Never leave children or pets in a parked car even if the car is shaded and the windows are down.

HEAT EXHAUSTION

Heat exhaustion is the body's response to an excessive loss of water and salt, usually through sweating. Move to a cool place and lie flat with feet elevated. Apply cool, wet cloths to forehead and wrists. Sip cool beverages. Call **911** if any of the following symptoms continue:

- Heavy sweating
- Fast, weak pulse
- Tiredness
- Weakness
- Paleness
- Dizziness
- Fainting
- Chills
- Muscle cramps
- Nausea or vomit

ATHLETES

Athletes are at risk for heat-related illnesses and should:

- Drink plenty of non-alcoholic and decaffeinated beverages like water and sports drinks
- Limit outdoor activities and practices
- Schedule workouts and practices earlier or later in the day
- Start activities slow and do not over exert

Muscle cramping is an early sign of heat illness. Rest and replenish fluids and electrolytes. Seek medical attention if symptoms do not go away.

HEAT STROKE

Call **911** or call emergency room for instructions if any of the following symptoms are present. Move to a cool place and lie flat with feet elevated. Immerse or sponge with cool (not cold) water and fan vigorously. Continue to monitor body temperature until it drops to 101 - 102°F.

- Extreme high body temperature at 103°F or higher
- Confusion
- No sweating
- Tingling sensations
- Dizziness
- Nausea
- Convulsions

