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

FIND A COOLING CENTER

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

https://ogi.oa.mo.gov/DHSS/coolingCenter/index.html

FIND ASSISTANCE

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

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.
ALTERNATE FORMS OF THIS PUBLICATION FOR PERSONS
WITH DISABILITIES MAY BE OBTAINED BY CONTACTING THE
MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
AT 573-751-6102.

HEARING- AND SPEECH-IMPAIRED CITIZENS CAN DIAL 711.

#210
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 vomiting

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 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

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 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 vomiting