Summer is in full swing and that means higher temperatures and increased humidity. Beat the Heat by taking a few simple steps to avoid heat-related illnesses.

Who is at highest risk?

Anyone can suffer from heat-related illnesses, but those at greater risk include:

- Infants and children up to age 4
- People 65 years of age and older
- People who are overweight
- Those who have heart disease or high blood pressure
- People who overexert during work or exercise
- People who have a mental illness

What are Heat Related illnesses?

Heat-related illnesses occur when the body is unable to properly cool itself. The body normally cools itself by sweating, but sometimes sweating is not enough. Having poor circulation or being dehydrated also limits the body’s ability to control body temperature.

Heat Cramps

Heat cramps are muscle pains or spasms - usually in the arms, legs, or abdomen. Sweating depletes the body’s salt and moisture. If you have heart disease or are on a low-sodium diet, get medical attention for heat cramps.

What to do

- Stop all activity and sit quietly in a cool place
- Drink water, clear juice or a sports beverage
- Seek medical attention for heat cramps if they do not subside in 1 hour
During the heat of the summer, check on neighbors, family, or friends who are at increased risk for heat-related illnesses, and those who live alone.