

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

**FOR IMMEDIATE RELEASE**

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**HEALTH OFFICIALS REMIND RESIDENTS AND VISITORS TO  
STAY HEALTHY WHEN TEMPERATURES RISE**

**OKALOOSA COUNTY, FL**—The Florida Department of Health in Okaloosa County (DOH-Okaloosa) reminds Okaloosa County residents and visitors to be aware of the warning signs of heat exhaustion and to protect against dehydration. Heat exhaustion can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment. If you work outdoors, it is critical you remain aware of the heat index and take appropriate precautions to stay healthy and safe.

DOH-Okaloosa recommends the following tips to avoid heat exhaustion and dehydration:

- **Stay hydrated:** Drink plenty of water when outdoors, especially in the summer heat. Be mindful of the signs of dehydration, which include dry mouth, dizziness, lack of sweating, dry skin, low blood pressure, rapid heartbeat, and fatigue. Your body needs water to keep cool. Drink plenty of fluids, even if you don't feel thirsty.
- **Dress for summer:** Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- **NEVER LEAVE CHILDREN OR PETS IN A PARKED CAR:** The temperature can rise to 135 degrees Fahrenheit (135°F) in less than 10 minutes, which can be fatal for children or pets. If you see a child or pet left unattended in a parked car, call 9-1-1 and alert authorities.

For more information on protecting yourself from heat exhaustion and preventing dehydration, please visit:

- Florida Division of Emergency Management: <http://www.floridadisaster.org/EMTOOLS/Severe/heatwave.htm>
- Federal Emergency Management Agency: <http://www.ready.gov/heat>
- American Red Cross: <http://www.redcross.org/prepare/disaster/heat-wave>

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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