

Mission:

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



Rick Scott
Governor

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State Surgeon General & Secretary

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

FOR IMMEDIATE RELEASE

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HEAT PRECAUTIONS FOR SUMMER SAFETY

~Stay Cool and Beat the Heat~

OKALOOSA COUNTY –The Florida Department of Health in Okaloosa County (DOH-Okaloosa) wants residents and visitors to take caution this summer due to the rising heat index. The National Weather Service (NWS) has issued a Hazardous Weather Outlook for Northwest Florida, including Okaloosa County, for the upcoming days. The upcoming days may see heat index values ranging from 103°F to 108°F across the region. Due to the rising heat, the National Weather Service may be required to issue a heat advisory for local areas.

NWS projects that the presence of isolated scattered showers and thunderstorms in the coming days along with the extreme heat will make the local weather increasing more unstable and can cause hazardous conditions for the area. Due to the prospective conditions, DOH-Okaloosa wants residents and visitors to be proactive and ready to beat the heat.

Extreme heat can be the cause of serious health problems if individuals do not take the proper precautions. The best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.

“It is important to take actions to prevent any heat-related illness,” stated Dr. Karen Chapman, Director of the Florida Department of Health in Okaloosa County. “Elderly people are more prone to be affected by extreme heat than others, but heat-related illnesses can affect anyone subjected to high temperatures for an extended period of time.”

Protect yourself with these helpful tips:

- Stay hydrated with water; avoid sugary and alcoholic beverages
- Wear lightweight, light colored and loose fitting clothing
- Stay cool in an air conditioned area
- Avoid engaging in strenuous activities during peak hours
- Take a cool shower or bath
- Stay tuned in to local weather reports

Know the warning signs of heat-related illness:

- Extremely high body temperature (above 103°F)
- Weakness, dizziness or fainting
- Unusually elevated heart rate

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- Fast and shallow breathing
- Nausea or vomiting
- Muscle cramps

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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