

July 14, 2020

## FLORIDA DEPARTMENT OF HEALTH IN OKALOOSA COUNTY URGES PUBLIC TO TAKE HEAT SAFETY PRECAUTIONS



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**FORT WALTON BEACH, Fla.**— The Florida Department of Health in Okaloosa County (DOH-Okaloosa) urges residents and visitors to take precautions to stay healthy and safe during extremely hot temperatures. The National Weather Service (NWS) has issued a Heat Advisory in effect from 10 a.m. to 7 p.m. Heat index values from 108 to 110 are expected. 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.

The signs and symptoms of heat stroke include:

- Extremely high body temperature (above 103°F)
- Dizziness or fainting
- Confusion
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Upset stomach

The signs and symptoms of heat exhaustion include:

- Heavy sweating
- Paleness
- Tiredness
- Weakness, dizziness or fainting
- Headache
- Nausea or vomiting
- Muscle cramps

Protect yourself and your family 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
- Never leave children or pets unattended in vehicles
- If you must work outside, take frequent rest breaks
- Take a cool shower or bath
- Stay tuned in to local weather reports

For more information about the health and safety precautions during extremely hot temperatures, residents and visitors are encouraged to contact DOH-Okaloosa at (850) 833-9247 or visit [HealthyOkaloosa.com](http://HealthyOkaloosa.com).

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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