



CLAY COUNTY

PUBLIC HEALTH CENTER



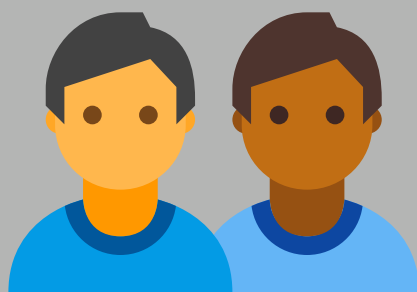
Heat-Related Illnesses in Clay County

These are a category of illnesses caused by exposure to hot temperatures that can lead to dehydration, fainting and organ damage

Sun Stroke Heat Stroke
 Heat Hyperthermia
 Heat Rash Faint Weather Heat Cramps
 Dehydration Heat Exhaustion

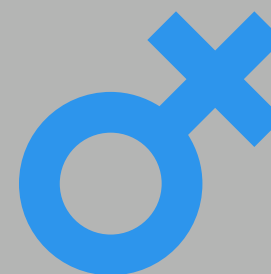
Who was most impacted by heat in Clay County?

People ages 15-24



Nearly twice as likely to go to the hospital for heat

Males



75% of deaths in Clay County due to heat were men

Risk Factors for Heat-Related Illnesses Include:

Working or exercising outdoors



Lack of air conditioning



Certain medications or alcohol



Did You Know?



On average, an estimated 55 people in Clay County go to the hospital for heat-related illness each summer?



The months with the highest ER visits for heat are June and July?









Those ages 15-24 have the highest rates of ER visits for heat, but those ages 65 and older are most likely to be admitted to the hospital?



Running a fan with the windows closed and no air conditioning increases the risk of heat illness?



Staying Cool this Summer

-  Avoid outdoor activities during the hottest parts of the day.
-  Drink plenty of fluids to avoid dehydration.
-  Wear lightweight, light colored clothing.
-  Avoid drinking caffeine or alcohol as these can increase your risk of heat illness.
-  If you do not have air conditioning, use one of the many free cooling centers in Clay County such as a public library or community center.
-  Ask your doctor if any of the medications you are taking may affect your response to the heat.