

Okaloosa County News Release 6/29/2012

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DANGEROUS HEAT POSSIBLE THIS WEEKEND *Don't forget added protection for the elderly, children & pets.*

Children, the elderly, and people with chronic ailments are usually the first to suffer from the heat. Heat exhaustion, cramps, or in extreme cases, heat stroke can result from prolonged exposure to these conditions. For more details, visit the local health department web site at: www.healthyokaloosa.com, www.doh.state.fl.us or www.cdc.gov/nceh/extremeheat.

Heed heat safety precautions:

- If at all possible, stay out of the sun and remain indoors in an air conditioned building or residence.
- If planning to be outdoors, drink plenty of water and electrolyte replenishing drinks. Refrain from the intake of caffeinated and alcoholic beverages.
- Wear light weight, light colored, loose fitting clothing.
- Reserve strenuous exercise for evening, and never leave children or pets in unattended vehicles.
- Remember to check on relatives and neighbors, especially the elderly to make sure they have adequate air conditioning.

It is also hurricane season and if you need assistance and information, or to receive a FREE Ready Okaloosa Packet, contact 850-651-7150, the 311 Citizens info line or visit www.okaloosafl.com.

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