



# Extreme Heat *Fact Sheet*



## Are we at risk?

During the summer months in Illinois, the heat intensity can be overwhelming. Not only is it uncomfortable, but it can also affect the body in various ways. Nausea, dizziness, weakness, muscle cramps, pale and clammy skin, disorientation, or a headache can be symptoms of heat exhaustion. If you experience these symptoms, call a doctor or 9-1-1 right away. If not treated, heat exhaustion can lead to the more dangerous heat stroke.

## Beat the Heat!

- Avoid sun exposure during the hottest times of the day. Run errands in the early morning or late afternoon.
- Drink plenty of water, even if you don't feel thirsty. Thirst is one of the first symptoms of dehydration.
- Avoid drinks with alcohol or caffeine. They worsen the effect heat has on your body.
- Keep the air flowing by using fans or opening a window.
- Cool yourself down by taking a shower or bath.
- Wear light-weight, loose clothing.
- Rest. Slowing down and taking it easy will help your body maintain a lower temperature.

We hope you can use these tips to better enjoy your summer.

*For more information:*  
Effingham County Health Department - **217-342-9237**

