



Avoid the heat during power outages

With power outages continuing to affect residents across our community, Pinellas County is working with fire departments and other partners to prevent heat-related illnesses, particularly among the elderly.

The county is working with fire departments to assess healthcare facilities and finalize sheltering opportunities for these residents until power is restored. At the same time, the county is asking community recreational centers, churches and libraries to open their facilities as cooling stations during the power outage.

Community organizations that are willing to provide air-conditioned/cooling stations during the heat of the day are asked to call the Citizen Information Center at (727) 464-4333.

The county continues to monitor 911 calls for heat-related emergencies and provide additional assistance as necessary.

Older adults do not adjust as well as young people to sudden changes in temperature. They are also more likely to have a chronic medical condition that changes normal body responses to heat or may take medications that affect the body's ability to control temperature. It's important to remember to stay out of the sun and seek shade. Citizens can also apply ice packs or use wet, cool compresses to lower body temperature.

Tips to avoid heat illness from the Centers for Disease Control:

- If a friend or neighbor has power, ask to stay in their air-conditioned home as much as possible, especially in the heat of the day.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and don't wait until you're thirsty to drink; if your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook; it will make your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Limit physical activity or exposure to the outdoors, and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

All Pinellas County citizens are urged to get updates on Irma recovery efforts by checking local media outlets and the county website (www.pinellascounty.org) and county social media accounts; search hashtag #PinellasIrma.

HEAT EXHAUSTION

OR

HEAT STROKE

Faint or dizzy



Throbbing headache



Excessive sweating



No sweating



Cool, pale, clammy skin

Body temperature above 103°



Red, hot, dry skin

Nausea or vomiting



Nausea or vomiting

Rapid, weak pulse



Rapid, strong pulse



Muscle cramps



May lose consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

mjflynn



[Weather.gov/socialmedia](https://www.weather.gov/socialmedia)
[Weather.gov/heat](https://www.weather.gov/heat)



@SacramentoOES
[SacramentoReady.org](https://www.sacramentoReady.org)

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash

