

Extreme Heat

During summer months, temperatures in Nassau County can exceed 90 and 100 degrees at times. Knowing how to cope in such extreme heat can mean the difference between life and death. Those at the highest risk for heat related death are the elderly, very young, people with mental illness and chronic diseases. However, even young and healthy people can get sick from the heat if they participate in strenuous physical activity during hot weather.

Steps to Take During Hot Weather

- Stay cool indoors.
- Drink plenty of fluids.
- Replace salt and minerals.
- Wear appropriate clothing and sunscreen.
- Schedule outdoor activities carefully.
- Pace yourself.
- Use a buddy system.
- Monitor people at high risk.
- Adjust to the environment.
- Do not leave children in cars.
- Use common sense