



**County of Moore  
Health Department  
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**FOR IMMEDIATE RELEASE**

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**Moore County Residents are Advised to Stay Cool, Stay Hydrated, and Stay Informed During Summer Heat**

As we approach mid-summer and outdoor temperatures continue to rise, the Moore County Health Department wants everyone to be aware of the effects that extreme heat can have on our health. According to the Centers for Disease Control and Prevention (CDC), 600 deaths from extreme heat events occur each year in the United States. Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, and people with a chronic medical condition. The Moore County Health Department encourages everyone to take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke.

***Stay Cool***

- Stay in air-conditioned buildings whenever possible.
- Do not rely on a fan as your primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family and neighbors at least twice a day.

***Stay Hydrated***

- Drink more than usual and don't wait until you're thirsty to drink.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- If you own or manage a facility where activity is predominantly outdoors, such as a golf course, make water stations available and/or encourage everyone to bring their own source of water.
- Make sure your family, friends and neighbors are drinking enough water.

***Stay Informed***

- Check local news sources for extreme heat warnings and safety tips.
- Visit [www.moorecountync.gov/health](http://www.moorecountync.gov/health) to find local health information and tips for preventing heat sickness.
- Keep your friends, family and neighbors aware of weather and heat safety information.

***"To Protect and Promote Health through Prevention and Control of Disease and Injury."***

**<http://www.moorecountync.gov/health/>**

**Environmental Health  
Telephone: 910-947-6283  
Fax: 910-947-5127**

**WIC  
Telephone: 910-947-3271  
Fax: 910-947-2460**

Additionally, the Moore County Health Department encourages all residents to learn the signs and first aid response for heat-related illness. Warning signs and symptoms vary but may include:

### **Heat Exhaustion**

#### ***Symptoms***

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

#### ***What You Should Do***

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

### **Heat Stroke**

#### ***Symptoms***

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

#### ***What You Should Do***

- **Call 911 immediately--this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do NOT give fluids.

For more information on extreme heat, visit the Moore County Health Department website at [www.moorecountync.gov/health](http://www.moorecountync.gov/health). For Health Department news and updates, find us on Facebook (Moore County Health Department) or follow us on Twitter (@mocohealth).

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