Heat and Your Health

Having a health emergency?

Call 911 and contact your doctor.

A heat wave can be any period of a day or more when the weather is hotter than usual. Here in the Northwest, that usually means three or more days when it is 90 degrees Fahrenheit or higher. Planning before a heat wave is important to ensure that you stay healthy. Slowing down, staying where it's cool, drinking more water and wearing the right clothing can help you remain safe and healthy. You and your neighbors should check on each other, too.

BEFORE A HEAT WAVE

Know your risks

Hot temperatures can be dangerous, especially if you have:

- Breathing difficulties
- Heart problems
- High blood pressure
- Kidney problems
- Parkinson's disease
- Depression, dementia or other mental illness

If you take medications or have a health condition, ask your health care provider or pharmacist if you are at risk of heat-related illness. If so, follow their directions.

People who are especially at risk include those who are:

- Elderly (especially those living alone)
- Young children
- Pregnant or nursing women
- Very over-weight or obese

Plan to protect yourself and others

- Check weather reports on TV, radio, online or in a local newspaper.
- If you have an air conditioner, make sure it works.
- Ask neighbors, friends and family about their plans to stay cool.
- Know where you can go to cool off during a heat wave

DURING A HEAT WAVE

Protect yourself and others.
Avoid over-exertion and over-exposure to direct sun.
Wear loose fitting, light clothing made of breathable fabrics.
Drink plenty of cool liquids, especially water.
Whenever possible, stay indoors in a cool, air-conditioned place.
Take extra water breaks.
Don't drink alcoholic beverages.
Slow down. Reduce strenuous exercise.
Reduce outdoor work and take breaks in the shade every half-hour to rest and drink fluids.
Don't take salt tablets unless your health care provider says you should.
Never leave children or pets in a parked car.
Check in with neighbors, friends and family...and ask them to check on you.

National Weather Service
http://www.weather.gov/view/national.php?thumbs=on

American Red Cross
http://oregonredcross.org/index.asp?IDCapitulo=663B0ID44V

Environmental Protection Agency
http://www.epa.gov/

OHA Facebook
www.facebook.com/OregonHealthAuthority

OHA Twitter
www.Twitter.com/OHAOregon

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Local Health Departments

Baker	541-523-8211
Benton	541-766-6835
Clackamas	503-655-8430
Clatsop	503-325-8500
Columbia	503-397-4651
Coos	541-756-2020 ext. 510
Crook	541-447-5165
Curry	541-247-3300
Deschutes	541-322-7400
Douglas	800-234-0985
Gilliam	541-384-2061
Grant	541-575-0429
Harney	541-573-2271
Hood River	541-386-1115
Jackson	541-774-8209
Jefferson	541-475-4456
Josephine	541-474-5325
Klamath	541-882-8846
Lake	541-947-6045
Lane	541-682-4041
Lincoln	541-265-4112
Linn	541-967-3888
Malheur	541-889-7279
Marion	503-588-5357
Morrow	541-676-5421
Multnomah	503-988-3674
Polk	503-623-8175
Sherman	541-506-2600
Tillamook	503-842-3900
Umatilla	541-278-5432
Union	541-962-8801
Wallowa	541-426-4848
Wasco	541-506-2600
Washington	503-846-8881
Wheeler	541-763-2725
Yamhill	503-434-7525

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Cool off at home

Set air conditioners to the highest setting that is comfortable for you (between 72 and 79 degrees F).
If you use a window air conditioner, cool only one room.
Block the sun by using awnings or closing curtains and blinds during the day.
Take a cool shower, bath, or splash yourself with cool water.

When it's too hot at home

Visit somewhere with air conditioning – an museum, shopping mall, grocery store, place of worship or public library.
Visit a cooling center if your community has one.

Avoid exposure

Never leave people or pets in a parked vehicle or in direct sunlight.
Reschedule outdoor activities when the Air Quality Health Index is high.
Shade yourself with hats or under trees.
Use sunscreen.

For more information
U.S. Centers for Disease Control and Prevention – Extreme Heat
Pet summer safety tips from the American Kennel Club.