How to prevent heat related illness?

Temperatures will reach upper-90s this week, which can be dangerous for vulnerable community members. This document is subject to changes/updates.

Lane County, OR--Temperatures in Lane County are forecasted to reach the high-90’s, prompting Lane County Public Health to remind residents to be aware of the signs of heat related illness and to stay safe by staying cool.

For an updated heat-related resources and places to cool off, please visit: http://lanecountyor.gov/cooling

REMEMBER: Those at greatest risk for heat-related illness include young children; adults 65 and older; athletes; and people with chronic illness or who are overweight, work outdoors, or have a low income.

The best way to protect yourself from the harmful effects of excessive heat is to stay cool, stay hydrated and stay informed.

- Wear light colored clothing and use sunscreen.

- Schedule outdoor activities during cooler times of the day — like in the morning or evening.

- Drink plenty of fluids.

- Avoid alcoholic and sugary drinks.

- Stay informed of the weather and watch the Heat Index to help you identify the most dangerous periods during the heat wave.

Keeping Your Home Cool:

If you have an air conditioner, make sure it is installed and working. Set air conditioners to the setting most comfortable to you, preferably between 72°F and 79°F. Block the sun by using awnings or closing curtains and blinds during the day. Avoid using a fan as your main cooling source — especially when it is 90°F or more.

If you don’t have a place that is cool during the hottest parts of the day, LCPH recommends visiting a place that has air conditioning, e.g., a library, community center or shopping center, or a park with plenty of shade and/or a water feature, like a splash pad.
Upcoming Extreme Heat Recommendations

**Dress Light**
Wear loose-fitting clothing.

**Stay Cool**
Stay somewhere with Air-conditioning

**Learn**
Stay informed and learn how to prevent, recognize and treat heat-related illnesses.

**Eat Light**
Avoid hot foods and heavy meals.

**Stay Safe**
Never leave infants, pets or children in parked cars.

**Use Sunscreen**
Use sunscreen with SPF 15+ when going outside.

**Stay Hydrated**
Stay hydrated but avoid alcohol and liquids with large amounts of sugar.

**Stay Cool**
Take a cool shower or bath.