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FOR IMMEDIATE RELEASE

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Public Health Issues Excessive Heat Advisory for South Central Idaho

South Central Idaho – The South Central Public Health District (SCPHD) is issuing a public health advisory for extreme heat in the coming week. Local and national weather services are predicting several days of triple digit temperatures across much of south central Idaho from June 30th to July 5th, 2021.

An excessive heat advisory means that extreme heat is likely. A heat advisory is issued when the heat, or combination of heat and humidity, is expected to become an inconvenience for much of the population, and a danger for some.

During a heat wave it's important to drink plenty of fluids, stay out of the sun in the hottest part of the day, and check up on relatives and neighbors. Young children, older adults, and pets are at higher risk for heat illness and should never be left unattended in vehicles under any circumstances. During hot weather, car interiors can reach lethal temperatures in a matter of minutes.

Heat stress, including heat exhaustion and heat strokes, is not uncommon during extremely high temperatures. If you see any signs of heat exhaustion or stroke, seek medical help immediately.

Heat Exhaustion

Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

Heat Stroke

Warning signs vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Take Action!

If you see any of these signs, get medical help immediately.

If you do not have access to air-conditioning in your home, seek relief from the heat by visiting friends and family or while visiting public areas with air-conditioning.

Other helpful steps during days with extreme heat:

- ✓ Drink plenty of water.
- ✓ Wear light-colored, lightweight and loose-fitting clothes.
- ✓ Apply sunscreen at least 20 minutes before going outside (SPF 15+ is best).
- ✓ Limit exposure to the sun (the sun is most powerful between 10 a.m. and 3 p.m.).
- ✓ Keep a close eye on children and older adults for any signs of heat cramps, heat exhaustion and heat stroke.

More resources:

Learn more about extreme heat: <https://www.ready.gov/heat>

CDC infographic on heat stroke vs. heat exhaustion: <https://www.cdc.gov/cpr/infographics/ast-heat.htm>

Summer safety tips: https://www.phd5.idaho.gov/summer-safety/#heat_safety