



**Public Health**  
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**Bismarck-Burleigh Public Health**

## News Release

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### Attached Artwork:

IMG\_4827w

### Keep Hydration/Health in Mind During Upcoming High Temps

**[Bismarck, ND – July 5, 2017]** – With temperatures expected to be north of 90 degrees during the next 7-plus days, Central North Dakota has wandered into a potentially dangerous stretch of Summer.

An estimated 618 Americans are killed each year by extreme heat. Heat-related illnesses, such as cramps, heat exhaustion or heat stroke, occur when the body is pushed beyond its limits and is not able to cool itself. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

The most vulnerable populations to extreme heat illnesses are the elderly, individuals who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition. It is important to understand the signs of heat exhaustion and heat stroke and what the response should be:

#### Heat Exhaustion

- **Symptoms:** heavy sweating, weakness, pale and clammy skin, a thready (weak) pulse, fainting and vomiting. Normal temperature is possible.
- **Treatment:** Get victim out of the sun. Lay him or her down and loosen clothing while applying cool, wet cloths. Fan or move victim to an air conditioned room.
- **Hydration:** Provide sips of water, but discontinue if nausea occurs. If vomiting continues, seek medical attention immediately.

#### Heat Stroke (Sunstroke)

- **Symptoms:** High body temperature (106° F or higher) and hot skin. Rapid, strong pulse. Victim is potentially unconscious.
- **Treatment:** Call 9-1-1 and get victim to the hospital immediately as delay can prove fatal. Reduce body temperature with cold bath or sponging. Remove clothing, use fans and air conditioners.



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- **Hydration:** If victim is alert and able to drink liquids, provide cool water or other beverages that do not contain alcohol or caffeine.

### **Easy Safety Tips**

- Drink plenty of water or drinks with electrolytes unless you are a fluid-restricted diet or have problems with fluid retention. If so, consult your doctor before increasing fluid intake.
- Spend the warmest part of the day in air conditioning or a cool room.
- Never leave children or pets in closed vehicles.
- Avoid strenuous work or exercise during the warmest part of the day.
- Take cool showers or baths to lower your body temperature.

### **Available Resources**

- City of Bismarck Summer Weather Safety - <http://nd-bismarck2.civicplus.com/1031/Summer-Weather>
- Emergency Preparedness Resources - <http://www.bismarcknd.gov/353/Emergency-Preparedness>
- NDDDES Extreme Heat Safety - <https://www.nd.gov/des/uploads/resources/176/extremeheatsafety.pdf>
- Heat Safety Mobile Phone Tool - [https://www.osha.gov/SLTC/heatillness/heat\\_index/heat\\_app.html](https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html)

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