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# **PROTECT YOURSELF AGAINST THE HEAT**

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P.O. Box 570, Jefferson City, MO 65102

The Missouri Department of Health and Senior Services (DHSS) advises Missouri residents to take extra precautions to protect themselves from heat-related illnesses and deaths as a result of record extreme high temperatures and recent storm damages that caused power outages to many residents.

**For additional information, call the local public health agency in your area:**

**St. Louis City – 314-612-5100**

**St. Louis County – 314-615-1600**

**Jefferson County:**

**Hillsboro – 636-789-3372**

**Arnold – 636-282-1010**

**Washington County – 573-438-2164**

**St. Francois County – 573-431-1947**

**Iron County – 573-546-7121**

**Reynolds County – 573-648-2498**

**Area elderly or disabled persons suffering from the heat who need assistance should contact the DHSS hotline at 1-800-392-0210.**

## **Prevent Heat-Related Illness:**

- Avoid hot, heavy meals.
- If outside, wear sunscreen. Sunburn decreases the body's ability to cool.
- Use the buddy system - check on neighbors, family and friends frequently. When working in the heat, monitor the condition of your co-workers and have someone do the same for you.
- Increase your fluid intake; drink more liquid than your thirst indicates. Drink non-alcoholic and caffeine-free liquids, such as water and juices, before feeling thirsty. Continue drinking fluids throughout the day, especially if working outdoors or elsewhere in the heat.
- Wear lightweight, light-colored, loose-fitting clothing.
- When accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. Rest frequently in a shady area.
- Spend time in an air-conditioned place; if not at home, then such public places as libraries, supermarkets, shopping malls, movie theaters and cooling centers.
- Schedule outdoor activities carefully, preferably before noon or in the evening.
- Exercise early in the morning or late in the evening, even if you're used to the heat.
- Monitor those at high risk, such as the elderly, infants and children up to 4 years of age, someone who is overweight or someone on medication.
- Ask your physician whether you are at a particular risk because of medication you are taking.
- NEVER leave infants, children or pets unattended in a parked car or other hot environment.

**Warning Signs of Heat Exhaustion:**

- heavy sweating
- paleness
- muscle cramps
- tiredness
- weakness
- dizziness
- headache
- nausea or vomiting, and or fainting

If you are experiencing these symptoms, please get to a shady or air-conditioned area to cool off. If symptoms continue, please seek treatment at a first aid station or hospital.

**Protect your Pets from the Heat:**

- Check with your employer to see if you can bring your pet to work with you. The pet should be in a carrier; be sure to bring a bowl for water.
- If no other resources are available to house your pet in a cool environment, you may drop your pet off free of charge at the Emergency Cooling Center operated by the Humane Society of Missouri located at 1201 Macklind Avenue, St. Louis. The Center is currently operating 24 hours a day. The Humane Society of Missouri requests the following:
  - Bring your animal in a pet carrier if possible, although this is not mandatory.
  - Bring food if your pet is on a special diet.
  - Pets' vaccinations do NOT need to be up-to-date. The pet's vaccination history will be determined upon check in. Animals will be maintained in separate carriers/cages as much as possible.
  - All pets should be picked up at the end of the day to leave room for other pets that need to be dropped off.

The Humane Society of Missouri is operating a pet shelter only. The Humane Society of Missouri's Emergency Cooling Center can be reached at 314-647-8800.