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FOR IMMEDIATE RELEASE

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### HEALTH DEPARTMENT ISSUES HEAT STRESS WARNING

With weather forecasters calling for a sudden spike in temperature this weekend to 90 and above through Wednesday, the Westchester County Department of Health is warning residents that heat stress can occur when its 90 degrees or higher and is providing tips on how to manage during this expected heat wave.

The Westchester County Department of Health recommends residents protect themselves. Wear loose-fitting, lightweight clothing; drink lots of water and avoid hot foods, heavy meals and alcohol. If you have to be out in the sun, wear a wide-brimmed hat. Remember that physical activity generates body heat, so slow down and take it easy as the temperature rises.

To avoid heat stress, try to spend as much time as you can in pleasant surroundings - a cool room in your home, an air-conditioned mall, a senior citizen center, the public library or a movie theater. Fans can also provide good indoor circulation, and cool baths or showers offer excellent relief from the heat.

To help residents cope with the soaring temperatures, the Health Department offers a 24-hour "**Stay Cool**" Information Line, (914) 813-5620, which provides tips on how to stay cool in the heat and identifies air-conditioned locations such as libraries, shopping malls, movie theaters and senior centers throughout the county where residents can go to beat the heat. A listing of some air-conditioned community locations is available on the Health Department's website, [www.westchestergov.com/health](http://www.westchestergov.com/health).

"High humidity and crowded living conditions can increase the danger for heat stress, especially among the elderly, small children and those with chronic health problems whose bodies may not be able to stand the strain," said Dr. Joshua Lipsman, Westchester County Commissioner of Health. "When the temperature rises, it's important to be aware of how your body is reacting to the heat," he continued. "The first signs of heat stress

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can be mild and may go unnoticed. As the heat increases, you may experience general discomfort, lack of energy and a loss of appetite -- all are warning signs to take precautions against further strain from the heat," he warned.

There are other warning indications of increasing heat stress that require immediate action. They include rapid heartbeat, a throbbing headache, dry skin, no visible sweating, extreme weakness, mental changes, dizziness, diarrhea, nausea, chest pains, vomiting, cramps and breathing problems. If you experience any of these signs of physical distress, call your doctor or seek medical attention immediately.

For further information on heat stress, visit the Health Department's website at [www.westchestergov.com/health](http://www.westchestergov.com/health).