

# Beat the Heat!

Most of South Carolina has a humid, subtropical climate resulting in hot, humid summers. The highest temperature recorded in South Carolina was 113°F in Columbia on June 29, 2012.<sup>1</sup> During extremely hot and humid weather, your body's ability to cool itself is challenged leading to dangerous health conditions.<sup>2</sup>

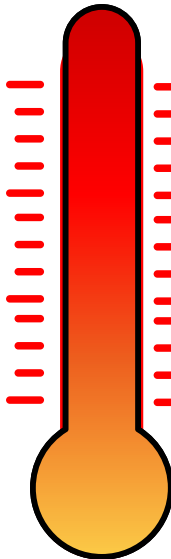
## Learn the signs and symptoms for heat related illnesses.

### Heat Exhaustion

Symptoms of heat exhaustion are heavy sweating, a fast, weak pulse, confusion, and dizziness. If these last longer than an hour seek medical attention.

### Heat Rash

Heat rashes are red clusters of small blisters that look like pimples on the skin. They are usually found on the neck, chest, groin, or in elbow creases.



### Heat Stroke

Symptoms of a heat stroke is a body temperature at or above 103°F, Hot, red, dry, or damp skin, a fast, strong pulse, and nausea. Heat strokes are life threatening, seek medical attention immediately.

### Heat Cramps

Symptoms of heat cramps are heavy sweating during intense exercise and muscle pain or spasms.



**There were 209 hospitalizations and 1,814 emergency department visits for heat related illness in South Carolina from May to September in 2022.<sup>3</sup>**

## Heat related illnesses are preventable.



### Stay hydrated

Drink plenty of water and avoid sugary drinks.



### Wear sunscreen

A sunburn can make you dehydrated and harder to cool down. Put on SPF 30 or higher before going outdoors.



### Stay Cool

Hang out in air conditioned places as frequently as possible.



### Wear appropriate clothing

Wear light, loose fitting clothing.



### Don't overdo it

Avoid strenuous physical activity in hot, humid conditions.



### Stay Informed

Check your weather forecast daily and learn the signs and symptoms for heat related illnesses.

To learn more about heat-related illnesses, you can visit: [dph.sc.gov/professionals/public-health-data/sc-environmental-public-health-tracking/tracking-heat-related](https://dph.sc.gov/professionals/public-health-data/sc-environmental-public-health-tracking/tracking-heat-related)



1. [https://www.dnr.sc.gov/climate/sco/ClimateData/data/max\\_temp\\_table.php](https://www.dnr.sc.gov/climate/sco/ClimateData/data/max_temp_table.php)  
2. <https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>  
3. South Carolina Revenue and Fiscal Affairs Office