



BEAT THE HEAT

RECOGNIZE AND PREVENT HEAT-RELATED ILLNESS

As the temperature rises, so does the risk for heat-related illness such as heat stroke, heat rash, and heat exhaustion. Here are some tips for staying healthy in the heat of the day!



SOURCES:
<https://dph.sc.gov/professionals/public-health/data/sc-tracking/sc-tracking-dashboards>
https://dph.sc.gov/health-wellness/health-safety/heat-related-illnesses?utm_source=chatgpt.com



WATCH FOR THE SYMPTOMS!

- Nausea
- Dizziness
- Shortness of breath
- Headache
- Weakness
- Heavy Sweating



WHO IS MOST AT RISK?

Data shows that those most at risk are individuals who work largely outdoors, such as construction workers at 42,950 cases per year, farmers at 18,360 cases per year, and postal service workers at 5,470 cases per year.



MOST DANGEROUS TIMES OF YEAR

Predictably, the most dangerous times of the year are the summer months, most notably July, with nearly 800 hospitalizations due to heat-related illness in SC. August is second with 550 heat-related hospitalizations in SC per year.

PREVENTION

- Avoid the sun during the peak heat of the day, around 10 AM - 5 PM
- Avoid outdoor activities when under heat advisories
- Drink plenty of water and avoid alcoholic beverages
- Wear sunscreen
- Wear light, loose clothing

