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These high temperatures can be extremely dangerous. History has shown that excessive heat is extremely dangerous with the elderly and those in poor health. But, excessive heat is also dangerous to healthy young people as well. This is usually from not recognizing the dangers of exercising or working in hot weather, especially hot, humid weather.

For your safety, you should drink plenty of water to avoid dehydration and take necessary breaks to cool off, especially if you experience a headache, a high pulse rate or shallow breathing. Overheating can cause heat stroke. Dangers of heat include:

- * Heat cramps: Exercising in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.
- * Heat syncope or fainting: Anyone not used to exercising in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the cure is to take it easy.
- * Heat exhaustion: Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but not above 102 degrees. In some cases victims, especially the elderly, should be hospitalized. Heat exhaustion is more likely after a few days of a heat wave than when one is just beginning. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.
- * Heatstroke: In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill. (Understanding hot weather and its dangers...USA Today)

The excessive heat can also take a toll on our pets. It's important to remember that ambient temperature is not the only thing to be concerned with when it comes to your pets, but the humidity as well. Some tips to keep in mind for your pets:

- * Do not leave pets in parked cars, even with the windows cracked.
- * Limit exercise on hot days.
- * Provide adequate shade and water.