



News Release



Shelby County Health Department

814 Jefferson Ave., Memphis, TN 38105

FOR IMMEDIATE RELEASE

June 15, 2016

CONTACT: Elizabeth Hart
(901) 222-9607 Office
(901) 500-5227 Mobile

IT'S A HEAT WAVE! STAY COOL AND HYDRATED

MEMPHIS – Shelby County Health Department (SCHD) officials want to encourage residents to prepare for hot temperatures by staying cool, hydrated and informed.

The summer season does not officially arrive until Monday, June 20, but temperatures have been and continue to be in the 90's in Shelby County.

Extreme heat can lead to very high body temperatures, brain and organ damage and even death. People suffer heat-related illnesses when their bodies are unable to compensate and cool themselves properly.

Between 2010 and 2015, more than 45 Shelby County residents died from heat-related illness.

When temperatures climb above 90 degrees Fahrenheit, older adults need to take precautions by spending as much time as possible inside with the air conditioning, such as a shopping mall, library, senior center or movie theatre. Fans cannot provide enough cooling if the temperature is 90 degrees or above. Additionally, people are encouraged to check on family, friends and neighbors.

Symptoms of heat exhaustion include:

- Fatigue
- Weakness/Fainting
- Nausea/Vomiting
- Headache
- Myalgia
- Dizziness
- Muscle Cramps
- Irritability

If an individual demonstrates any symptoms of exhaustion, they should immediately cool down by going indoors to a well-ventilated and air-conditioned building, drink plenty of cool water and rest. If symptoms persist for more than 48 hours, they are encouraged to contact their healthcare provider.

###