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STATE OF CONNECTICUT
GOVERNOR DANIEL P. MALLOY

Tuesday, July 28, 2015

Gov. Malloy Reminds Residents to Take Necessary Precautions During Summer Heat

Call 2-1-1 for Information on Nearby Cooling Centers

(HARTFORD, CT) - With temperatures anticipated to remain in the 90s during the next few days, Governor Dannel P. Malloy is reminding residents to be cautious during periods of intense heat during the height of the summer season. For the most up-to-date list on available cooling centers that have been opened to the public across the state, Connecticut residents can contact the state's Infoline by calling 2-1-1 or visiting www.211ct.org (<http://www.211ct.org>) .

"High temperatures can be dangerous for your health, especially for the elderly, young children, and people who work outside," Governor Malloy said. "Remember to keep cool and follow common sense tips like drinking lots of water, staying in the shade, and monitoring those who are at greatest risk when temperatures are extremely high."

"Heat stress can severely impact a person's health to the point where they need to seek emergency medical care," Department of Public Health Commissioner Dr. Jewel Mullen said. "Even healthy people can be impacted by high temperatures, so it is important that everyone take precautions when it is hot."

"We are now into the height of the summer season, and everyone should take the necessary precautions as temperatures rise," Department of Emergency Services and Public Protection Commissioner Dora Schriro said. "A few simple steps can greatly reduce heat-related issues, especially for the elderly, the very young, and people with respiratory ailments who are more susceptible to the effects of high temperatures."

Although anyone can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

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Here are some prevention tips to stay safe in the summertime heat:

Stay Cool: Keep your body temperature cool to avoid heat-related illness

- Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off.
- Find an air-conditioned shelter. (Dial 2-1-1 for a list of cooling centers). Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.

Stay Hydrated: Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

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