



NEWS RELEASE

FOR IMMEDIATE RELEASE:

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Temperatures Remain High! – How to Protect Yourself

Crawfordville, Florida – As the temperatures in Wakulla County and our surrounding area remain high, the Wakulla County Emergency Medical Services Department warns of the dangers of prolonged heat exposure. The following information is provided for employee and citizen awareness.

Precautions for Heat Emergencies:

For those of you who are working outside either at work or at home, the following are symptoms you should be aware of to avoid heat emergencies:

1. Muscle cramps
2. Weakness or exhaustion
3. Dizziness or faintness
4. Increased rate of breathing
5. Headache
6. Loss of appetite, nausea, or vomiting
7. Marked sweating or sweating followed by a hot skin with no sweat
8. Altered mental status, confusion or unconsciousness
9. Seizures

To Avoid Heat Emergencies:

1. Time your amount of time outside and take periodic cooling breaks
2. Drink water (not sodas) and other mineral rich drinks that would be approved by your physician throughout the time you are outside.
3. Pay attention to your body and use common sense to “call it a day” before you get into difficulties.

Should you find yourself at risk of a heat-related emergency, do not hesitate to call 9-1-1 for medical assistance.