



Jeb Bush  
Governor

John O. Agwunobi, M.D., M.B.A.  
Secretary

**PINELLAS COUNTY HEALTH DEPARTMENT**

---

**Monday, August 16, 2004**

**FOR IMMEDIATE RELEASE**

**Contact:**

Jeannine Mallory,  
Public Information Director  
727-824-6908

**\*\*HURRICANE CHARLEY INFORMATION SHEET \*\***

**HEALTH OFFICIALS CAUTION OF HEAT EXHAUSTION**

As Floridians begin the task of recovery from Hurricane Charley, health officials ask individuals to be aware of the warning signs of heat exhaustion. Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

**WARNING SIGNS OF HEAT EXHAUSTION INCLUDE THE FOLLOWING:**

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if any of the following occur:

- Symptoms are severe;
- The victim has heart problems or high blood pressure.

Otherwise, help the victim to cool off and seek medical attention if symptoms worsen or last longer than one hour.

**WHAT TO DO:**

Cooling measures that may be effective include the following:

- Cool, nonalcoholic beverages, as directed by your physician
- Rest
- Cool shower, bath, or sponge bath
- An air-conditioned environment
- Lightweight clothing

For further information, please contact your local county health department, or visit [www.doh.state.fl.us](http://www.doh.state.fl.us) or [www.FloridaDisaster.org](http://www.FloridaDisaster.org).

**###**

*The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of residents and visitors through public and private community efforts.*