

July 28, 2023

## FDOH-PALM BEACH URGES PUBLIC TO TAKE PRECAUTIONS DURING WARMER TEMPERATURES



**Contact:**

Communications Office  
561-671-4014

[chd50contactus@flhealth.gov](mailto:chd50contactus@flhealth.gov)

**Palm Beach County, Fla.** – The Florida Department of Health in Palm Beach County (DOH-Palm Beach) is urging residents to take necessary precautions and follow safety measures during the current hotter weather. With temperatures soaring and heat indexes reaching dangerous levels, it is important to prioritize the well-being of individuals and communities.

When the National Weather Service issues a heat advisory forecasting high temperatures and humidity, this poses health risks. FDOH-Palm Beach recognizes the importance of raising awareness and promoting measures to ensure the safety of residents during extreme weather conditions.

During any heat advisory or hotter weather, FDOH-Palm Beach recommends the following safety measures to minimize the risk of heat-related illnesses and emergencies:

**Stay hydrated.** Drink plenty of water and avoid excessive consumption of caffeine or alcohol, as they can lead to dehydration.

**Stay cool.** Avoid direct sunlight and long exposure to the sun. Spend time in air-conditioned environments. If you do not have access to air conditioning, consider visiting public buildings or public spaces with shade. Wear lightweight, loose-fitting, and light-colored clothing to help your body regulate its temperature. Protect your head and face with a wide-brimmed hat and use sunscreen to prevent sunburn. Minimize outdoor activities during the hottest parts of the day. If you must be outside, take frequent breaks in shaded areas and avoid strenuous physical exertion.

**Check on vulnerable individuals.** Keep an eye on elderly neighbors, young children, and individuals with pre-existing health conditions, as they are more susceptible to heat-related illnesses. Ensure they have access to a cool environment and sufficient hydration.

**Never leave children, vulnerable individuals, or pets unattended in vehicle.** Temperatures inside a parked car can rise rapidly, even with the windows slightly open, and can be life-threatening.

FDOH-Palm Beach urges everyone to remain vigilant and look out for one another during this time of year. By following these safety measures, we can collectively reduce the risk of heat-related illnesses and emergencies.

Stay informed about heat advisories and current conditions by following the National Weather Service or your local news. For further information about heat related health issues, please visit [Extreme Heat \(fema.gov\)](https://www.fema.gov).

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