Health Officials Warn Residents to Be Careful of Heat-Related Illnesses While Cleaning Up Storm Debris

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<p style="text-align: center">Health Officials Warn Residents to Be Careful of Heat-Related Illnesses</p>

<p>While Cleaning Up Storm Debris</p>

<p>Baton Rouge, La. - Many Louisiana residents will spend this weekend outdoors, cleaning up debris from Hurricane Isaac, and the Department of Health and Hospitals reminds them to take precautions against heat stroke. We want them to be aware that, with weather like we are having now, when you stay outdoors for extended periods of time, doing physical work, you are at risk for heat stroke. This will be an even bigger concern for people who are still lacking power and have no air conditioning to cool off when they come indoors. Don't make yourself sick - drink lots of water, dress appropriately and take frequent breaks.</p>

<p>Also called sunstroke or heat illness, heat stroke is a serious condition that can be life threatening. If you are heading outdoors to do cleanup work, you can lower your risk of heat stroke by wearing light-colored loose-fitting clothes and drinking lots of water, particularly before and during your work. If you are working in a hot environment or already feel overheated, stop what you are doing.</p>