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

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State of Louisiana News Desk #:

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While Cleaning Up Storm Debris

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.

Now that the storm has passed, many people are anxious to clean up around their properties and tend to their homes, said DHH Secretary Bruce D. Greenstein. 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.

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 lightweight, loose fitting, light-colored clothing, drinking lots of water, and taking frequent breaks.