



**CITY OF BURNSVILLE, MINNESOTA
FIRE DEPARTMENT**

100 Civic Center Parkway
Burnsville, MN 55337
Phone: 952-895-4570
www.burnsville.org/fire

B.J. Jungmann
Fire Chief



FOR IMMEDIATE RELEASE
July 18, 2013

Contact: BJ Jungmann
Burnsville Fire Chief
952-895-4571

BEAT THE HEAT (EXHAUSTION)

As the mercury rises, not only do we need to be aware of the temperature, but also the heat index in order to keep our bodies from suffering heat exhaustion.

The heat index combines temperature and humidity and measures the combined temperature felt by the body. The cooling effects of perspiration are reduced as humidity rises, and your body is unable to cool itself naturally. Anyone can be overcome by heat exhaustion, particularly the elderly, disabled or small children.

If working outside on a warm day, it is important to drink plenty of fluids, take measure to keep cool and know the symptoms of heat exhaustion.

Early warning signs include:

- decreased energy
- loss of appetite
- faintness
- feeling lightheaded
- nausea

People with these symptoms should seek a cool place, drink fluids, remove excess clothing and get rest.

Signs that require immediate medical attention include rapid heartbeat, severe headache, chest pain, confusion, vomiting, diarrhea, difficulty breathing and unconsciousness. Call 9-1-1 if you encounter these symptoms.

For more information contact the Burnsville Fire Department at 952-895-4570 or visit www.burnsville.org/fire.

###