



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

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### Alabama experiences eight heat-related deaths

#### FOR IMMEDIATE RELEASE

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The Alabama Department of Public Health has received reports of eight heat-related deaths between Aug. 10 and 17 with one additional case under investigation. The fatalities have been reported in the following counties: Autauga, Chilton, Coffee, Elmore, Henry, Montgomery and Morgan.

There is one fatality under investigation in Mobile County. Alabama hospitals have reported to the health department that 148 individuals have presented with heat-related health problems.

Dr. Donald Williamson, state health officer, said, "We are most concerned with individuals living in homes without air conditioning. We ask the public to contact elderly friends and family to make arrangements to assist them."

Based on the severity of the weather, the health department recommends that the public follow these preventive measures to avoid heat illnesses:

- Although anyone at any age can suffer heat-related illness, some people are at greater risk than others. People aged 65 or older are particularly susceptible to heat-related illnesses and complications that can result during periods of high temperatures and humidity.
- The risk for heat-related illness and death may increase among people using certain drugs, tranquilizers and diuretics.
- During the heat of the day individuals should not over-exert themselves and should take frequent breaks in an air-conditioned area.
- Drink more fluids, and avoid beverages containing alcohol or caffeine.
- When temperatures are extreme, seek air-conditioned places.
- Take cool showers or baths, and reduce or eliminate strenuous activities.
- Never leave pets or people in a parked vehicle.