



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

## **Heat Illness 60 Sec PSA**

The sun may be bearing down, but that doesn't mean that outside activities stop - and overdoing it in Alabama's extreme temperatures and high humidity can have serious consequences.

When temperatures go up, so does the risk for heat-related illness. Heat exhaustion and heat stroke tend to be the two most common forms of heat related illnesses. Heat exhaustion is the milder form and can occur after exposure to high temperatures and lack of fluids, but it isn't something to be taken likely.

Heat exhaustion can easily progress to the more serious illness – heat stroke – which can damage the brain and other vital organs, and even cause death. Heat stroke, sometimes called sunstroke, occurs when the body is unable to cool itself down.

Protect yourself from heat-related illness by drinking plenty of water while outside, staying indoors during extreme heat and eliminating strenuous activities during the hottest part of the day.

For more information visit [AlabamaPublicHealth.gov](http://AlabamaPublicHealth.gov).

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