



## District 2 Public Health

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Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union and White Counties

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**FOR IMMEDIATE RELEASE**

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DATE: August 14, 2023

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### **PUBLIC HEALTH HEAT ADVISORY REMINDER:**

#### ***STAY SAFE DURING HIGH TEMPERATURES***

GAINESVILLE – As temperatures rise, North Georgia residents are urged to take precautions to protect their health during periods of extreme heat. District 2 Public Health Department is issuing a heat advisory to ensure the safety and well-being of all community members.

Heat-related illnesses pose a significant threat to public health, particularly among vulnerable populations such as the elderly, young children, individuals with chronic illnesses, and those with limited access to cooling resources.

It is important for residents to take personal responsibility for their well-being during hot weather. It is crucial to stay hydrated, limit outdoor activities during peak heat hours, wear lightweight and breathable clothing, and regularly check on vulnerable neighbors, friends, and family members.

#### **Key Recommendations:**

**Stay Hydrated:** Drink plenty of water throughout the day, even if you're not feeling thirsty. Avoid alcohol and caffeine, as they can lead to dehydration.

**Cooling Centers:** Identify nearby cooling centers and public spaces where you can find relief from the heat. Check with local authorities for locations and operating hours.

**Limit Outdoor Activities:** Minimize outdoor activities, especially during the hottest parts of the day (10 a.m. to 8 p.m.). If you must be outside, take frequent breaks in the shade and wear lightweight, light-colored clothing.

**Air Conditioning:** Stay in air-conditioned environments as much as possible. If you don't have air conditioning at home, consider spending time in air-conditioned public places.

**Check on Vulnerable Individuals:** Keep an eye on children, the elderly, and those with pre-existing health conditions. They are more susceptible to heat-related illnesses.

**Stay Informed:** Monitor local weather forecasts and heat advisories to stay updated on changing conditions.

**Recognizing Heat-Related Illnesses:**

Be aware of the signs of heat-related illnesses, such as heat exhaustion and heatstroke. Symptoms may include:

- Heavy sweating
- Weakness and fatigue
- Dizziness and nausea
- Rapid heartbeat
- Confusion or disorientation
- Extremely high body temperature

If you or someone you know experiences these symptoms, seek medical attention immediately.

**Preventive Measures:**

Public health officials strongly encourage residents to take preventive measures to avoid heat-related illnesses. By following the recommendations above and staying informed, you can help protect yourself and your loved ones during this period of extreme heat. Let's work together to stay safe and beat the heat!

Learn more at [www.cdc.org](http://www.cdc.org)

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