

# Tips for battling a deadly heat wave

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Forecasters are predicting this week's heat wave to be one of the hottest this summer. A Loyola physician is available to comment on staying safe.

“When the temperatures and heat indices get to these levels, it can be a very dangerous situation,” said Tony Pagan, MD, a Loyola University Health System physician specializing in pediatrics and adult internal medicine. “The elderly and the very young are the most vulnerable, but we all need to be on the lookout for signs of heat-related illnesses.”

Pagan said prevention and planning is important when dealing with extreme heat.

- Prehydrate. Even before you step out the door, start drinking water.
- Stay indoors in an air-conditioned or well-ventilated building.
- If you have to go outside, stay out of the sun.
- If you must be outside performing strenuous activity, be sure to drink water at least every hour even in you don't feel thirsty.

Warning signs of being overheated:

1. Confusion
2. Dizziness

3. Unusual fatigue

4. If you stop sweating

5. Take your temperature. If it's rising without signs of infection, contact your doctor.

Provided by Loyola University Health System

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