



A MINUTE OF HEALTH WITH CDC

Chill Out

Heat-Related Illness and Death – New York City, 2000-2011

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

The dog days of summer are here and with them come the health risks caused by hot weather. Heat exposure causes more deaths in the U.S. than any other type of extreme weather. A heat wave—several very hot days in a row—is especially dangerous. The risk for heat-related illness and death are greatest among the elderly, those with physical or mental health conditions, and those taking certain medications.

During heat waves, people should stay in air-conditioned environments, drink plenty of water, and wear lightweight clothing. If you have a vulnerable family member, friend, or neighbor, check on them regularly.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.