

July 2010

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TipSheet, an e-mail for media representatives, providing information on health care trends and hospital activities and upcoming health observance dates.

How to Handle Alabama's Summer Heat

With the summer sun bearing down on Alabama, it is important that residents be informed on how to take safety precautions. The following are a few of the numerous resources available that provide an abundant amount of information on how to handle the heat:

- **The Centers for Disease Control and Prevention (CDC)** – The CDC has dedicated an entire section of its Web site (www.cdc.gov) to dealing with extreme heat conditions. From advice on how to prepare for a heat wave to dealing with heat-related illnesses, the CDC Web page (www.bt.cdc.gov/disasters/extremeheat/) provides an extensive amount of resources.
- **Alabama Department of Public Health (ADPH)** – The ADPH constantly monitors the health of Alabama's residents, and heat-related health issues are no exception. ADPH's Web site provides a section on how to prepare for Alabama's extreme heat. Go to www.adph.org/epi/index.asp?ID=1544 for a list of resources as well as an educational video called "Staying Cool."
- **American Red Cross** – The American Red Cross, the nation's emergency response organization, provides up-to-date information on how to handle disasters, such as heat waves. The heat wave Web page not only explains how to deal with heat-related illness, but it also describes what individuals should do before, during and after a heat wave. To access the Web page, go to www.redcross.org, select "Preparing and Getting Training" and click on "Heat Waves" in the "Preparedness Fast Facts" section.
- **Alabama's Hospitals** – Hospitals regularly witness the harsh effects of extreme heat. Contact your local hospital to find out more about heat-related illnesses and suggested, precautionary measures. If you need the name of the hospital's media contact, you can find it online at the Alabama Hospital Association Web site, www.alaha.org. Click on "Hospital Directory," and you can search by county or by hospital name.

August Health Observance Dates

Month-long Observances

Cataract Awareness Month, Children's Eye Health and Safety Month, Immunization Awareness Month, Neurosurgery Outreach Month, Psoriasis Awareness Month, Spinal Muscular Atrophy Awareness Month

Other Health Observances

1-7	Breastfeeding Week (World)
1	KidsDay [®]
8-14	Health Center Week
23	Health Unit Coordinator Day