



Broward County Government Newsletter

July 2020

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Community Care Plan, "the health plan with a heart"

July is a hot summer month. The Center for Disease Control and Prevention (CDC) has some tips to stay cool in the heat. According to the CDC, more than 600 people every year die from extreme heat. Heat-related deaths and illness are preventable if the right actions are taken.

Who is at high risk for heat-related illness and death?

- Children under 2
- Adults over 65
- People with Chronic Disease
- People with Mental Illness

What should I do to stay safe in hot weather?

- Stay hydrated: Drink fluids even if you don't feel thirsty.
- Bathe: Take cool showers and baths to cool off.
- Wear Sunscreen.
- Wear light colored/loose/light weight clothing.
- Go into an indoor air-conditioned areas.
- Make sure your friends and neighbors are ok.
- Do not leave pets and children in a hot car.
- Check the news for weather safety updates.

What causes the body to overheat?

High humidity can cause the body does not release sweat as quickly because the sweat does not evaporate fast enough. The below factors also can cause a person not to cool off in hot weather:

- Age
- Obesity
- Being dehydrated
- Prescription drugs
- Alcohol
- Poor Circulation
- Sunburn
- Heart Disease
- Mental illness

Source: <https://www.cdc.gov/Features/ExtremeHeat/>



Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST.

For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.