

## Heat wave to continue through Tuesday

Posted: Aug 09, 2009 10:25 AM EDT Updated: Aug 10, 2009 1:52 PM EDT

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RICHMOND, VA (WWBT) - If you don't have to be outside in the sweltering temperatures, don't. But if you do have to be outdoors, there are some things you need to keep in mind.

Obviously, when it gets this hot, it doesn't take long for heat exhaustion to set in, that's just one of several heat related illnesses doctors tell us they are prepared to treat today.

If you experience heavy sweating, dizziness, nausea or if your skin starts to feel cool and moist, you could be experiencing heat exhaustion.

It's important to make sure you stay hydrated. Avoid drinks with alcohol or a high-sugar content. Even if you don't like gatorade or powerade, you need something with a little bit of sal\* content.

Patient First recommends you dissolve two-to-four teaspoons of salt in a gallon of water. That solution will help replace the electrolytes you're sweating away.

But remember, if you start noticing dramatic changes with your body, see a doctor immediately.

"When we have a really high temperature that coincides with a work day, we see more people," said Dr. Charles Rula of Patient First Healthcare. "You know, that are like roofers or construction workers. But on the weekend, sometimes people have more access to the water and they're off."

Those who are at the most risk are young children and the elderly. A good piece of advice to follow in the heat is to keep a close watch on the people around you..

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