



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
Center for Environmental Health
Community Sanitation Program
250 Washington Street – 7th Floor
Boston, MA 02108-4619
Telephone: 617-624-5757
Facsimile: 617-624-5777

MITT ROMNEY
GOVERNOR

KERRY HEALEY
LIEUTENANT GOVERNOR

TIMOTHY R. MURPHY
SECRETARY

PAUL J. COTE, JR.
COMMISSIONER

M E M O R A N D U M

TO: Massachusetts Local Boards of Health

**FROM: Steven Hughes, Director
Community Sanitation Program**

DATE: July 28, 2005

RE: Heat Related Illness Prevention and Treatment at Recreational Camps for Children

Many summer recreational camps for children involve strenuous exercise and outdoor activities performed during the extreme heat and humidity. As a result, many people including young and healthy children, can be at risk of heat related illness. The prevention of heat related illness is always the primary goal. However, knowing how to identify and successfully treat heat related illness is equally important. Unrecognized or untreated heat related illness can result in adverse health conditions including in extreme cases death.

Enclosed for your reference is a copy of the U. S. Centers for Disease Control and Prevention (CDC) guidance document entitled “Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety”. The document describes in detail preventative measures for avoiding heat related illness, as well as warning signs and associated treatment recommendations based on the severity and type of heat related illness. We would appreciate your sharing a copy of this brochure with all of the licensed recreational camps and other clinics or programs involving outdoor activities in your city or town. If possible, please post a copy of the brochure on any bulletin boards or other locations where the information may be readily accessed by the general public including the library or town hall.

You can download copies of the information including a PDF version formatted for print from the CDC website at http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp.

As always thank you for your cooperation and assistance with this important public health matter.