



FOR IMMEDIATE RELEASE

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EXTREME HEAT IN THE FORECAST

Residents are advised to stay cool, stay hydrated, and stay informed.

Defiance County, Ohio – Health Commissioner, Kimberly Moss, would like residents to be aware of steps to take for extreme heat as temperatures are expected to reach into the 90's.

Extremely high or unusually hot temperatures can affect your health. On average, 675 deaths from extreme heat events occur each year in the United States. **Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition.**

Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke.

Stay cool

- Stay in air-conditioned buildings.
- Do not rely on a fan as your primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family and neighbors at least twice a day.
- Never leave children or pets in vehicles.

Stay hydrated

- Drink more than usual and don't wait until you're thirsty to drink.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water *Stay informed*
- Check your local news for extreme heat warnings and safety tips.
- Visit www.defiancecohealth.org to find local information and tips for preventing heat sickness.
- Keep your friends, family and neighbors aware of weather and heat safety information.

Stay informed

- Check your local news for extreme heat warnings and safety tips.
- Visit Defiance County General Health Districts website to tips for preventing heat sickness.
- Keep your friends, family and neighbors aware of weather and heat safety information.

Additionally, Defiance County General Health District encourages all residents to learn the signs and first aid response for heat-related illness. Warning signs and symptoms vary but may include:

Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

What You Should Do

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

Symptoms

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

For more information on extreme heat, call 419-784-3818 or visit www.defiancecohealth

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