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FOR IMMEDIATE RELEASE

Summit County Public Health encourages residents to prepare for the upcoming heatwave.

AKRON, OHIO, Summit County Public Health (SCPH) would like to encourage residents to prepare now to avoid heat illnesses and monitor themselves and others for signs and symptoms of heat related illness as a heatwave is forecast for next week. Heat related illness can affect anyone however, the elderly are at higher risk than others due to their age, chronic diseases and multiple medications. Frequently check on the elderly and remind them to practice tips to keep them healthy such as staying hydrated, staying in air conditioned areas, limiting exposure to heat and encouraging them to seek immediate medical care if they start to see signs of a heat related illness goes a long way in keeping our loved ones and neighbors safe.

Tips to stay safe during the heatwave:

- Stay cool
 - Wear light, loose-fitting clothes
 - Stay in air conditioning as much as possible
 - Use your stove and oven less often to avoid extra heat in your home
 - Take a shower or bath to cool off
- Do not leave kids or anyone else in cars
- Schedule outdoor activities carefully
 - Try to be outdoors during the coolest part of the day
 - Rest in the shade when possible
- Stay hydrated
 - Drink more fluids even if you don't feel thirsty
 - Avoid very sugary or alcoholic beverages
- Keep your pets hydrated

Here are the signs and symptoms of heat related illnesses.

Heat Stroke

Warning signs include:

- Headache
- Confusion
- Nausea
- Dizziness
- High body temperature
- Difficulty breathing
- Rapid and strong pulse
- Skin may be hot and dry or the person may be sweating.

Heat stroke is a severe medical emergency. Call for emergency medical assistance right away. Do not give the individual anything to drink.





Heat Exhaustion

Warning signs include:

- Heavy sweating
- Weakness
- Cool, pale clammy skin
- Muscle cramps
- Dizziness
- Fainting
- Nausea and vomiting
- Weak pulse
- Seek immediate medical attention

Heat Cramps

Warning signs include:

- Cramps and muscle spasms in the legs or abdomen
- Heavy sweating

Keep an eye on local media and your community social media accounts for announcements regarding possible cooling centers that may be opened next week.

For more information regarding heat related injuries or tips to stay safe during extreme heat please visit the <https://www.cdc.gov/extreme-heat/about/index.html>

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