



June 23, 2025

SCPH Media Contact Phone Number: (330) 812-3700

FOR IMMEDIATE RELEASE

Summit County Public Health encourages residents to prepare for the upcoming Heat and Air Quality Advisory.

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 heat advisory is forecasted by the National Weather Service (NWS) for Thursday July 24, 2025. Heat related illness can affect anyone however, the elderly and those with chronic health conditions are at higher risk than others. Frequently check on the elderly and those with chronic diseases and remind them to practice tips to stay 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 community members 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 911 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 updated heat related information.

For more information regarding heat related injuries or tips to stay safe during extreme heat please visit the <https://www.cdc.gov/climate-health/php/resources/protect-yourself-from-the-dangers-of-extreme-heat.html>.

Air Quality Advisory for July 23, 2025

Ozone in one or more of the following counties may become "Unhealthy for Sensitive Populations": Ashtabula, Cuyahoga, Geauga, Lake, Lorain, Medina, Portage and Summit. People included in the Sensitive Population designation include: Anyone with chronic breathing issues like COPD, emphysema or asthma, young children, and the very old.

It is recommended that strenuous outdoor activity be limited by people in the Sensitive Population.

Please help reduce additional air pollution by:

- reducing vehicle use (consider carpooling or using public transportation)
- avoid ALL open burning
- refuel vehicles after sunset
- give fuel burning lawn care equipment the day off

See air quality information updated hourly at: airnow.gov

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