



June 26, 2026

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

### 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 illness and monitor themselves and others for signs and symptoms of heat related illnesses as a heatwave is forecast for the area starting on Monday, June 29, 2026. 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 can go 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, pets, 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 signs 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 to the touch or the person may be sweating

Heat stroke is a severe medical emergency. Call 9-1-1 for emergency medical assistance right away. Do not give the individual anything to drink.





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### **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 illnesses and injuries or tips to stay safe during extreme heat please visit: [cdc.gov/climate-health/php/resources/protect-yourself-from-the-dangers-of-extreme-heat.html](https://cdc.gov/climate-health/php/resources/protect-yourself-from-the-dangers-of-extreme-heat.html).



Working today for a healthier tomorrow.

