



June 17, 2024

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 illnesses and monitor themselves and others for signs and symptoms of heat related illness as a heat advisory is forecasted for Monday, June 17<sup>th</sup> through Friday, June 21 2024. 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 and out of the sun as much as possible
  - Use your stove and oven less often to avoid extra heat in your home
  - Take a cold shower or bath to cool off
- Do not leave kids or anyone else in cars
- Check on friends and family, neighbors and pets
- Keep your pets hydrated and inside as much as possible
- Schedule outdoor activities carefully/reschedule if possible
  - Try to be outdoors during the coolest part of the day
  - Rest in the shade when possible
  - Have a buddy system and take breaks if working outdoors
- Stay hydrated
  - Drink more fluids even if you don't feel thirsty
  - Avoid very sugary or alcoholic beverages

Know the warning signs of heat related illnesses:

#### **Heat Cramps**

##### **Warning signs include:**

- Muscles pains or spasms





### **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 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 right away. Do not give the individual anything to drink.

### **Some activities to stay cool and beat the heat**

- Shopping at the mall
- Visit your local library
- Visit area arcades
- Curl up inside with a good book
- Make a craft inside
- Visit an area pool or splash pad
- Visit an area museum
- Go see a movie
- Bowling

**The City of Akron has announced a cooling Center at Summit Lake Community Center at 380 W. Crosier St., Akron Ohio. The center is open from 9:00 am – 7:00 pm today June 17<sup>th</sup>.**

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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