



**- FOR IMMEDIATE RELEASE -
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Contact person:
Brigette Reichenbaugh, 269-969-6366

Temperatures and Heat-Related Illness on the Rise

Summer weather has finally arrived in Calhoun County. Temperatures are noticeably higher on average and Calhoun County Public Health Department (CCPHD) is anticipating a rise in number of heat-related visits to health care providers. Because hot temperatures and high humidity may combine to make heat-related illness more likely, the CCPHD is asking the community to protect themselves by staying cool, staying hydrated, and staying informed.

Infants and small children, as well as people 65 and older, are at the highest risk for heat related health concerns. Residents can follow the tips below to keep themselves, and their loved ones, safe in the heat.

Stay Cool

- Wear lightweight, loose-fitting clothing.
- Plan activities with the forecast in mind – avoid being outdoors during the highest heat points
- Pace yourself while exercising. If you are gasping for breath, feel faint or lightheaded, or find your heart pounding, STOP all activity and rest in the shade.
- Wear water-resistant sunscreen of SPF 30 or higher, which says "broad spectrum" of "UVA/UVB protection" on the label. Reapply every two hours or after swimming or sweating.
- Never leave children or pets in cars.

Stay Hydrated

- Drink plenty of fluids, regardless of how active you are. Do not wait until you are thirsty to drink

- Stay away from very sugary, caffeinated, or alcoholic drinks, as these cause you to lose more body fluid. Also avoid very cold drinks, as they can make your stomach cramp.
- Replace salt and minerals lost from sweating with a sports drink
 - If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions; talk with your doctor before drinking sports beverages.
- Keep your pets hydrated by providing plenty of fresh water in a shady area.

Stay Informed

- Check for updates. CCPHD regularly updates our Facebook page with safety tips for the community and will continue to do such. You can follow us at www.facebook.com/CCPublicHealthDepartment.
- Know the signs of how to spot heat-related illness and what to do. Visit Centers for Disease Control and Prevention at <https://www.cdc.gov/features/extremeheat/index.html>.
- Use a buddy system when working outdoors and keep an eye on each other. Keep a constant eye on children playing outdoors for signs of heat distress. If you know someone in the 65 or older age group, check in with them regularly.

For more information, please visit www.calhouncountymi.gov/publichealth, or via Facebook at www.facebook.com/CCPublicHealthDepartment.

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