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Health Commissioner

WARREN COUNTY HEALTH DISTRICT

News and Information

Public Health
Prevent. Promote. Protect.

Heat Safety

With summer in full swing and temperatures climbing, it's important to take steps to stay safe during extreme heat. Heat-related illnesses can affect anyone, but certain groups—including young children, older adults, outdoor workers, and those with chronic conditions—are especially at risk.

Heat-related illnesses occur when the body can't cool itself properly. They range from heat cramps and heat exhaustion to the most serious condition, heat stroke, which can be life-threatening. Symptoms to watch for include:

-Heavy Sweating
-Muscle Cramps
-Weakness or dizziness
-Headache or nausea
-Confusion or loss of consciousness (a sign of heat stroke- if this happens, call 911 immediately)

To help protect yourself and your family, follow these simple safety tips:

-Stay hydrated. Drink plenty of water throughout the day. Avoid drinks with alcohol or caffeine, which can dehydrate you.

-Dress for the heat. Wear lightweight, loose-fitting, and light-colored clothing.

-Limit outdoor activities. Try to stay indoors between 10 a.m. and 4 p.m., when the sun is strongest. If you must be outside, take frequent breaks in the shade and drink water often.

-Use fans and air conditioning. If your home doesn't have air conditioning, spend time in public places that do—like libraries, malls, or community cooling centers.

-Never leave children or pets in a parked car. Even with the windows cracked, temperatures inside a vehicle can become deadly within minutes.

Check on neighbors, friends, and loved ones who may be especially vulnerable, especially during heat waves. Keeping an eye out for one another is an easy way to prevent a tragedy.

Extreme heat can be dangerous, but with a little preparation and care, it's also manageable. Stay cool, stay hydrated, and stay informed.

What's Happening at WCHD?

Friday, July 4th:Independence Day, WCHD closed.

WCHD Mobile Health is on the road! Check out our calendar for the mobile unit at www.warrencohealthoh.gov/mobile-clinic-calendar

Vaccination Clinics! Adult and childhood vaccines available. Call 513-695-1468 or 513-695-1229 to get scheduled.

FREE naloxone kits and fentanyl test strips. To set up a time for pick up, call 513-695-1271.

Health Education! The Health Education Program keeps the community informed of important health issues and implements services/programs to improve the health, safety and wellness of citizens in Warren County. For more information on programs, services or health presentations available for community groups, please contact 513-695-2475.

Stay Healthy During Fair Season

Fair season is around the corner! Before fair season is in full swing, WCHD wanted to take some time to remind potential fairgoers of steps they can take to keep themselves and their families healthy.

Keeping Yourself and Animals Safe

When interacting with animals and their exhibits, here are some important rules to keep in mind:

-Do not enter barns if you feel sick. The animals meet a lot of people each day at the fair, we don't want to spread germs that may get them and their caretakers sick.

-Do not bring any food, drinks, strollers, or pacifiers into animal areas. Keep them outside of barns, enclosures, and habitats so they aren't contaminated with germs from the animals.

-Avoid touching your face while in the barns. Consider your hands dirty while you're interacting with animals.

-Be careful if you decide to pet animals- some animals may not want to be touched and may act accordingly.

-Last but definitely not least, wash your hands with soap and water for at least 20 seconds before and after petting animals, being in the barns, or being around any enclosures. Taking just 20 seconds to wash away germs can help keep the fun going.

To learn more about fair safety, visit odh.ohio.gov/media-center/feature-stories/stay-healthy-this-fair-season-060625

Pool Safety

As the temperature climbs this summer, so does pool use. Many people look forward to cooling off in a pool after a long day, but pools can quickly become dangerous without proper precautions being taken. To keep yourself and others safe in and around pools, try following the following tips:

-Never leave a child unattended in or near water and always designate an adult Water Watcher. This person should not be reading, texting, using a phone or being otherwise distracted. In addition to pools and spas, this warning includes bathtubs, buckets, decorative ponds and fountains.

-If you own a pool or spa, install layers of protection, including barriers to prevent an unsupervised child from accessing the water. Homes can use door alarms, pool covers, and self-closing, self-latching devices on fence gates and doors that access pools.

-Learn how to perform CPR on children and adults. Many communities offer online CPR training.

-Learn how to swim and teach your child how to swim.

-Keep children away from pool drains, pipes and other openings to avoid entrapments.

-Ensure any pool and spa you use has drain covers that comply with federal safety standards. If you do not know, ask your pool service provider about safer drain covers.

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