



# WARREN COUNTY HEALTH DISTRICT

416 South East Street – Lebanon, Ohio 45036

## Heat Information

### This Week's Forecast for Warren County

- Tuesday: High near 91°F, feels like 109°F.
- Wednesday: High near 95°F, feels like 109°F.
- Thursday: High near 95°F, feels like 113°F.
- Friday: High near 93°F, feels like 108°F.
- Saturday: High near 90°F, feels like 99°F.

Feels-like temperatures are expected to climb into the 100s through the end of the week, and an Extreme Heat Warning is in effect for the area until July 2<sup>nd</sup> at 8:00PM, per the National Weather Service.

### PER THE CDC AND ODH:

#### Know the Signs of Heat Stroke

- People experiencing heat stroke need immediate medical assistance- call 911.
- Heat stroke is a life-threatening condition characterized by a body temperature of 103 degrees or higher; red, hot, and dry or damp skin; rapid, strong pulse; headache; dizziness; nausea; confusion; unconsciousness.
- Before help arrives, begin cooling the exhausted individual by any means possible, such as spray from a garden hose or cool cloths. Move the person to a cooler place.

#### Know the Signs of Heat Exhaustion

- Heat exhaustion is characterized by heavy sweating; cold, pale, and clammy skin; fast, weak pulse; muscle cramps; tiredness or weakness; dizziness; headache; and nausea or vomiting.
- Move the exhausted individual to a cool place, loosen their clothing, and have them sip water. If possible, put cool, wet cloths on the person or have them take a cool bath.
- If the exhausted individual begins throwing up, or if symptoms get worse or last for over an hour- call 911.

#### Populations at an enhanced risk for heat related illnesses

Those at higher risk for heat related illnesses include infants, young children, and older adults; people with chronic conditions like heart disease, obesity, poor circulation, or mental illness; pregnant women; outdoor workers and athletes; those without air conditioning; and anyone on medications that affect heat tolerance.

## **Be a Good Neighbor**

- Ohioans are encouraged to check on older neighbors, friends, and family, as well as those with chronic medical conditions, at least twice a day since they are among those at highest risk for heat-related illnesses.
- Encourage them to stay in air-conditioned environments as much as possible and to look for an air-conditioned shelter if necessary.
- Recommend that they take cool showers or baths to cool down.
- Tell them to seek medical care immediately if they have symptoms of heat-related illness like muscle cramps, headaches, nausea, or vomiting.

## **Drink Cool Fluids**

- Help your body cool down by staying well hydrated with water. Don't wait until you are thirsty to start drinking water.
- Monitor your body- you may need to drink more on hot and humid days, especially if you are active throughout the day. Talk to your doctor and consider the use of electrolytes when hydrating.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid fluids that contain alcohol or caffeine, as they can add to dehydration and increase the effects of heat illness.

## **Monitor or Limit Outdoor Activities**

- Plan outdoor activities for the early morning or evening when the sun is less direct.
- Wear loose-fitting, breathable, light-colored clothing.
- A wide-brimmed hat protects against sunburn and helps keep the body cooler.
- Use a broad-spectrum sunscreen that protects against UV-A and UV-B rays and has a sun protection factor (SPF) of at least 30.
- Both the U.S. Food and Drug Administration and the American Academy of Pediatrics recommend not putting sunscreen on infants, or those 6 months or younger. Infants should wear loose, lightweight clothing and a hat. Keep them out of direct sunlight – especially in the middle of the day as much as possible.
- Take frequent breaks from the sun; move to the shade or into an air-conditioned building, especially at any hint of heat illness.
- Very young children may become preoccupied with outdoor play and not realize that they are getting overheated. Adults should closely monitor children, require frequent breaks, and bring them indoors for a cool drink.
- Children or youth involved in team sports should be closely monitored for signs of heat stress. Consideration should be given to shifting practices and games to cooler times of the day.

## **Don't Forget Your Pets**

- Animals kept outdoors should have plenty of fresh water and a covered area for shade and cooling down.
- Never leave pets in vehicles. Even if the windows are cracked open, interior temperatures can rise almost 20 degrees within the first 10 minutes.

## Local & National Resources

- [Warren County Cooling Center Map – View Cooling Centers](#)
- [National Weather Service Heat Safety – weather.gov/safety/heat](#)
- [Ready.gov Extreme Heat – ready.gov/heat](#)
- [Understanding Heat Alert Levels – weather.gov/safety/heat-ww](#)
- [Ways to Cool Down Your Home- US Department of Energy](#)