

For immediate release

Health Department Advises the Community about Hot Weather

The Stark County Health Department is offering advice to the community regarding the hot temperatures. Excessive heat can affect anyone. However, it is more likely to affect young children, elderly people, and people with health problems. Extremely hot weather can result in illness including physiological disruptions and organ damage and even death.

It is important that people take the following precautions to reduce the harmful health affects of excessive heat:

- Visit air-conditioned buildings in your community if your home is not air-conditioned. These may include: senior centers, movie theaters, shopping malls, libraries or Red Cross designated “Cooling/Comfort Sites”.
- Drink LOTS of fluids. Don’t wait until you are thirsty to drink. Avoid beverages containing caffeine, alcohol or large amounts of sugar. These drinks cause dehydration.
- Dress for summer!! Wear lightweight, light-colored and loose-fitting clothes.
- Visit your family, friends and at-risk neighbors at least twice a day. Watch for signs of heat-related illness such as hot, dry skin, confusion, hallucinations and aggression.
- Slow down! Strenuous activities and exercise should be reduced, eliminated or rescheduled to the coolest time of the day.
- Call 9-1-1 if medical attention is needed.
- If you must go outside stay in the shade as much as possible.
- Take a cool shower or bath.
- Don’t leave children, older adults or pets enclosed in parked vehicles.
- Make sure your pets have extra water and are brought inside or have a shady area to escape the heat.

NOTE TO EDITORS, ASSIGNMENT DESKS:

For information concerning this release please contact Kay Conley at 330.493.9904 ext. 231 or Amy Ascani at 330.493.9904 ext. 267

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Health Department Advises the Community about Power Outages

The Stark County Health Department is offering advice to the community regarding the hot temperatures. Excessive heat can affect anyone. However, it is more likely to affect young children, elderly people, and people with health problems. Extremely hot weather can result in illness including physiological disruptions and organ damage and even death. Furthermore, power outages often occur during a heat wave which can further complicate the situation.

If someone is without power for a prolonged period of time during extremely hot weather please consider the following alternatives:

- Check with your local Red Cross to find a nearby cooling station or relief station. These locations will help keep you cool and provide water to hydrate the body.
- Public locations that have power and air conditioning will be announced to the public so they can visit these places to keep cool.
- Public locations such as malls, libraries, senior centers, movie theaters and pools may be asked to stay open later for people to visit and keep cool.
- Check on your neighbors, especially elderly, to assure they have power and a source of air conditioning, fans, and water to keep cool and hydrated.
- Open windows in your home to help circulate the air flow.
- Check with local authorities to see if your water is safe.
- Turn off all tools, appliances and electronic equipment, and turn the thermostat(s) for the home heating system down to prevent damage from a power surge when power is restored. Also, power can be restored more easily when there is not a heavy load on the electrical system.
- Don't open your freezer or fridge unless it is absolutely necessary. A full freezer will keep food frozen for 24 to 36 hours if the door remains closed.
- Never use charcoal or gas barbecues, camping heating equipment, or home generators indoors. They give off carbon monoxide. Because you can't smell or see it, carbon monoxide can cause health problems and is life-threatening.

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