

## Public Health Press Release

**From:** City of Middletown Health Department (CMHD)

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### *City of Middletown Health Department offers tips for staying safe*

The City of Middletown Health Department (CMHD) asks residents to be aware of the potential for excessive heat and to use the recommendations below to stay safe.

Each year in the United States, an average of about 700 people die from heat-related causes, 9,200 people are hospitalized due to heat, and emergency departments receive nearly 68,000 heat-related visits.

Among conditions associated with hot weather are cardiovascular and respiratory complications, renal failure, electrolyte imbalance, kidney stones, negative impacts on fetal health, and preterm birth. Deaths result from heat stroke and related conditions, cardiovascular disease, respiratory disease, and cerebrovascular disease.

#### **Some tips to stay safe:**

1. Wear lightweight, light-colored, loose-fitting clothing.
2. Decrease physical activity. This is particularly advisable for joggers and junior/high school or any athletic teams.
3. Exercise activities should occur early in the morning or in the early evening. Stay in shade as much as possible.
4. Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, visit a shopping mall or public library for a few hours.
  - a) When indoors, take COVID-19 precautions, including maintaining a safe distance from others, wearing a mask if you aren't fully vaccinated, frequently washing your hands or using hand sanitizer, and covering sneezes and coughs.
5. Use your stove and oven less to maintain a cooler temperature in your home.
6. Avoid hot and heavy meals.
7. Cut down on exercise during the heat.
8. When working in the heat, monitor the condition of your co-workers and have someone do the same for you.
9. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
10. Wear sunscreen with SPF 15 or higher, a wide-brimmed hat, and sunglasses.

11. Do not leave children or pets in cars. Cars can quickly heat up to dangerous temperatures, even with a window cracked open. When the outside temperature is 80 degrees, the temperature inside a car can rise to 109 degrees within 20 minutes, to 118 degrees within 40 minutes and to 123 degrees within an hour.
  - a) To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
  - b) When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep.
13. Keep your pets hydrated by providing plenty of fresh water in a shady area.
14. Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.
  - a) Use the CDC's new [Heat & Health Tracker](#) to explore county-level heat wave forecasts and track weekly cases of heat-related illness across the country.
  - b) Get local forecasts from National Weather Service offices in [Northern Indiana](#) (northwest Ohio), [Cleveland](#) (northern Ohio), [Wilmington](#), Ohio (for southern Ohio), [Pittsburgh](#) (eastern Ohio) and [Charleston, West Virginia](#) (southwest Ohio).
15. Learn the signs and [symptoms of heat-related illnesses](#) and how to treat them.
16. Monitor those at high risk of heat-related illness at least twice a day. While anyone can be affected by heat-related illness, [some people at greater risk than others](#) include:
  - a. Infants and young children.
  - b. Pregnant women.
  - c. People 65 years of age or older.
  - d. People who are overweight.
  - e. People who overexert during work or exercise.
  - f. People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation.

For additional tips and details on these recommendations, visit the CDC's "[Stay Cool, Stay Hydrated, and Stay Informed](#)" page.

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For information about COVID-19:

[cityofmiddletown.org/health](http://cityofmiddletown.org/health)

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