

## Media Release

Public Health Press Release

From: City of Middletown Health Department

Posted: Excessive Health Watch

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### For Immediate Release

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### HEAT WAVE ADVISORY DECLARED

June 20, 2022

(MIDDLETOWN, June 20, 2022) A Heat Wave Advisory is hereby declared from Tuesday June 20, 2022, through the weekend due to the forecast for dangerously hot weather conditions and excessive high humidity during this time. *(A heat wave is a prolonged period of excessively hot weather, which may be accompanied by high humidity.)* The high humidity and temperatures during this time will combine to produce heat index values greater than 100 degrees Fahrenheit for the remaining portion of the week and weekend.

*“Under these conditions it is important that residents be aware and responsive to risks due to prolonged exposure to heat and to undue physical exertion,” Jackie Phillips Carter, Health Commissioner, explained.*

With the Heat Wave Advisory declaration, the City of Middletown Health Department will continue to monitor reports of any heat related emergency room visits, emergency rescue runs and or heat-related deaths.

Ms. Phillips Carter reminds us of the following health practices during excessively hot weather:

1. Decrease physical activity - This is particularly advisable for joggers and junior/high school aged children or any participant on athletic teams. Exercise activities should occur early in the morning or in the early evening. Stay in the shade as much as possible.

2. Wear loose, lightweight and light-colored cotton clothing.
3. Drink plenty of water.
4. Eat light meals.
5. Put the alcoholic beverages away until cooler weather returns. Alcoholic drinks can cause dehydration and increase a person's risk to heat-related illnesses.
6. Cool down with showers, baths and recreational swimming.
7. Adjust blinds, shades and awnings to help minimize the sun's heat inside your home.
8. Use the basement during the hottest hours.
9. Use a circulating fan to lower temperatures in living spaces. However, when temperatures exceed 95° F, a fan may not help unless it brings cooler air into the space. Fans may even increase heat stress in very hot weather and should not be used to blow hot air directly onto the body.
10. Be a good neighbor and check on those who may need assistance.
11. Individuals with chronic health problems, such as heart disease or lung problems, should minimize activities because the heat will put additional stresses on those systems.
12. Extra caution should be taken for the elderly and young, infants and children to assure that they are protected from the heat and are exercising these helpful hints.
13. Children and pets should not be left unattended in closed vehicles. Temperatures can reach dangerous levels rapidly.
14. Be kind to your pets. Provide pets with shade and plenty of cool water.