



Genesee County Health Department

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RE: High Temperatures Expected

High temperatures with humid conditions are expected to continue over the holiday weekend. The Genesee County Health Department would like to remind residents of steps they can take to stay safe when temperatures and heat indexes are high.

Step 1 - Stay cool. Use an air conditioner or go to a cool place such as a basement, neighbor's house, shopping mall or cooling center. Spending even a few hours a day in air conditioning can help reduce your risk for heat illness.

Step 2 - Use a fan only when the windows are open or the air conditioner is on. Fans will not prevent heat illness when the temperature is in the 90s.

Step 3 - Take a cool shower or bath.

Step 4 - Keep shades and curtains closed to block the sun from coming in your home or office.

Step 5 - Avoid exercising and physical activity during the hottest part of the day. Mornings and evenings are usually cooler than mid-day.

Step 6 - Stay out of the sun. If you must be in the sun, wear thin and light-colored clothing, a hat and sunglasses. Wear sunscreen (at least SPF15) and reapply every two hours, after swimming or exercising.

Step 7 - Avoid alcohol and caffeine because both can cause dehydration. Drink plenty of water and do not wait until you're thirsty.

Step 8 - Never, ever leave children, the elderly or pets in parked vehicles. Vehicles heat up very quickly and can become dangerous, even with the windows open.

For more information regarding heat-related illnesses visit www.cdc.gov/extremeheat.

Better Life Through Better Health

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