

MEDIA RELEASE

DATE: June 28, 2018 **End Date:** July 7, 2018

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RE: **Extreme Heat Safety**

Genesee County will be experiencing high temperatures combined with humidity this week. Extreme heat is defined as summertime temperatures that are much hotter and/or more humid than average. Heat related illnesses like heat exhaustion or heat stroke occur when the body can't properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough as a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs. The Genesee County Health Department is reminding residents of safety steps to take 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, or shopping mall. Spending even a few hours a day in air conditioning can help reduce your risk for heat illness. Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness.
- Step 2** - Take a cool shower or bath.
- Step 3** - Keep shades and curtains closed to block the sun from coming into your home or office.
- Step 4** - Avoid exercising and physical activity during the hottest part of the day. Mornings and evenings are usually cooler than mid-day.

Step 5 - 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 6 - Avoid alcohol and caffeine as both can cause dehydration. Drink plenty of water and do not wait until you're thirsty.

Step 7 – Never leave children, the elderly or pets in parked vehicles. Vehicles heat up very quickly and can become dangerous, even with the windows open.

Check on your elderly neighbors and family members. Assure children, the elderly, and pets have plenty of water and access to a cool environment. For more information regarding heat-related illnesses visit www.cdc.gov/extremeheat.

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Page 2 of 2