



TO: Logan County Residents

Release #: 2022_6-14

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FOR IMMEDIATE RELEASE:

Logan County is included as part of an excessive heat warning in effect from 12:00 Noon-9:00 PM on Tuesday, June 14, 2022. Though not confirmed at the time of this release, the warning is expected to continue through Wednesday, June 15, 2022 and potentially Thursday, June 16, 2022. The National Weather Service indicates that “dangerously hot conditions with heat index values between 105 and 110 with extreme heat and humidity will significantly increase the potential for heat related illnesses, particularly for those working or participating in outdoor activities.” With widespread power outages throughout Logan County, cooling stations will be opening around the county. Please continue to watch for announcements regarding the cooling station operating times and locations available.

Individuals should drink plenty of fluids, stay in air-conditioned rooms, stay out of the sun, and check up on relatives and neighbors. Young children and pets should never be left unattended in vehicles under any circumstances.

Take extra precautions if you work or spend time outside. When possible, reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear lightweight and loose fitting clothing when possible. To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency! Call 9-1-1.

To prevent heat-related illness:

1. **Stay Cool:** Wear appropriate clothing, stay in air conditioned rooms indoors, schedule outdoor activities carefully, pace yourself, wear sunscreen, and do not leave children or pets in cars.
2. **Stay Hydrated:** Drink plenty of fluids, replace salt and minerals, and keep your pets hydrated.
3. **Stay Informed:** Check for updates, know the signs, and monitor those at high risk.

Symptoms of heat-related illness and what to do when you or someone you know is experiencing these symptoms are listed in the infographic on the next page.

Learn more at: <https://www.cdc.gov/disasters/extremeheat/heattips.html> or <https://www.weather.gov/safety/heat>

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash

