

JULY 6, 2022

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



SUMMER HEAT SAFETY TIPS

Summer is in full-swing here in Southeast Ohio, and with that comes hot weather and occasional heat waves. Did you know heat is one of the leading weather-related killers in the United States? Excessive heat and humidity outside may cause heat stroke and heat exhaustion, which can lead to death. Young children, older adults, people with chronic medical conditions, and pregnant women are especially susceptible to vulnerable to heat.

Thankfully, heat-related deaths and illness are preventable. Follow these tips from www.weather.gov to help keep you and your family weather-safe this summer:

- Reduce, eliminate, or reschedule strenuous activities until the coolest part of the day. Those who are especially vulnerable should stay in cooler areas.
- Wear lightweight, loose, and light-colored clothing to help avoid feeling too hot.
- Eat healthy foods that are easy to digest, such as fruits and salads. Meats and dairy may spoil more quickly in hot weather.
- Drink plenty of water, even if you don't feel thirsty.
- Spend time in places with air conditioning, such as your home, the library, or stores.
- Minimize time spent directly in the sun. If you're outside, stay in the shade if you can.
- Check in on friends, family, or neighbors who may be vulnerable to the dangers or extreme heat.
- Never leave children or pets in a car, even for a few minutes!