



July 2, 2020

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FOR IMMEDIATE RELEASE
Summit County Heat Advisory

AKRON, OHIO Due to expected high temperatures heading into the weekend, Summit County Public Health (SCPH) would like to take the opportunity to remind Summit County residents to take precautions to avoid heat illnesses and monitor themselves and others for signs and symptoms of heat related illness. Heat related illness can affect anyone however, the elderly are at higher risk than others due to their age, chronic diseases and multiple medications. Residents should frequently practice the following to ensure safety: stay hydrated, stay in air conditioned areas, limit exposure to heat and seek immediate medical care if there are signs of a heat related illness. Warning signs for heat related illnesses are below.

Heat Stroke

Warning signs include:

- Headache
- Confusion
- Nausea
- Dizziness
- high body temperature
- difficulty breathing
- rapid and strong pulse
- Skin may be hot and dry or the person may be sweating.
- Heat stroke is a severe medical emergency. Call for emergency medical assistance

Heat Exhaustion

Warning signs include:

- heavy sweating
- weakness
- cool, pale clammy skin
- muscle cramps
- dizziness
- fainting
- nausea and vomiting
- weak pulse
- seek immediate medical attention





Heat Cramps

Warning signs include:

- cramps and muscle spasms in the legs or abdomen
- heavy sweating

For more information regarding heat related injuries or the steps to prevent injuries from occurring in the elderly visit

<http://www.cdc.gov/extremeheat/index.html> or www.scph.org

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