



FOR IMMEDIATE RELEASE

Erie County Health Department Urges Residents to Stay Cool During Heat Advisory

Sandusky, OH (June 17, 2024) – The Erie County Health Department (ECHD) is urging residents to take precautions as a heat advisory remains in effect for the region until 8:00 pm on June 21, 2024. Heat index values are expected to reach between 100 and 104 degrees Fahrenheit, posing a significant health risk.

“Extreme heat can be dangerous, especially for vulnerable populations like young children, older adults, and those with chronic health conditions,” said Erie County Health Commissioner Peter T. Schade. “Taking simple steps to stay cool can help prevent heat-related illnesses.”

Here are some important tips to stay safe during the heat advisory:

- Stay hydrated: Drink plenty of fluids, even if you don't feel thirsty. Avoid sugary drinks and alcohol.
- Stay cool: Spend time in air-conditioned spaces. If you don't have air conditioning, take cool showers or baths and visit public cooling centers.
- Limit sun exposure: Avoid strenuous activity between 10:00am and 4:00 pm, the hottest part of the day. When outdoors, wear lightweight, loose-fitting clothing and a hat.

Additional safety tips:

- Check on others: Regularly check in on elderly neighbors, relatives, and friends who may be at higher risk for heat-related illness.
- Take precautions outdoors: If you must be outside, wear sunscreen and sunglasses. Take frequent breaks in shaded areas and drink plenty of fluids.
- Reduce outdoor work risk: Employers should follow Occupational Safety and Health Administration (OSHA) recommendations by scheduling frequent rest breaks in shaded or air-conditioned environments for outdoor workers.

Symptoms of heat exhaustion and heat stroke include heavy sweating, muscle cramps, nausea or vomiting, headache, dizziness, confusion, and loss of consciousness (heat stroke). If you or someone you know experiences these symptoms, move to a cool, shaded location and drink fluids. If symptoms worsen, call 911 immediately.

The Erie County Health Department encourages residents to stay informed about the heat advisory and take steps to stay cool and safe. For more information on heat-related illnesses, please visit the Centers for Disease Control and Prevention (CDC) website at <https://www.cdc.gov/extreme-heat/about/index.html>.

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