



KALAMAZOO COUNTY GOVERNMENT

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**NEWS RELEASE
FOR IMMEDIATE RELEASE**
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Excessive Heat Warning in Effect for Kalamazoo County: *Residents Reminded to Stay Safe in Summer Heat as Temperatures Rise*

KALAMAZOO, MI— The National Weather Service has issued an excessive heat warning for Kalamazoo County from July 18, 2019 at 12:00 p.m. until July 20, 2019 at 8:00 p.m. Residents are encouraged to take action to avoid heat related health effects.

According to the CDC extremely high or unusually hot temperatures can affect your health. Around 618 deaths from extreme heat events occur each year in the United States. Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition.

Signs of heat-related illness vary but may include heavy sweating, muscle cramps, weakness, dizziness, headache, nausea or vomiting, fainting, an extremely high body temperature (above 103°F) and tiredness. Heatstroke occurs when the body is unable to regulate its temperature and can result in death if not treated promptly.

Stay Cool, Stay Hydrated and Stay Informed. It is important that you take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke.

Stay Cool

- Stay in air-conditioned buildings.
- Do not rely on a fan as your primary cooling device.
- Wear sunscreen and reapply every two-hours, after swimming or exercising.
- Limit outdoor activity, especially during the hottest part of the day (typically between 11AM and 4PM), and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.

HEALTH AND COMMUNITY SERVICES DEPARTMENT

311 E. Alcott St. | Kalamazoo, MI 49001
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Stay Hydrated

- Drink more water than usual and do not wait until you are thirsty to drink water.
- Drink between two to four cups of water every hour while working or exercising outside.
- Avoid Alcohol or liquids containing high amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water

Stay Informed

- Check your local news for extreme heat warnings and safety tips or dial 2-1-1 to speak to someone from Gryphon Place for local information and resources.
- Visit www.kalcounty.com/hcs/ep/ to find information and tips for preventing heat sickness.
- Visit <https://www.ready.gov/heat> to learn how to be prepared for, be safe during, and recognize and respond to symptoms of heat related health effects during extreme heat.
- Keep your friends, family and neighbors aware of weather and heat safety information.

In addition to staying hydrated and out of the sun, residents are reminded to not leave children or pets alone in a car even with the windows cracked. Temperatures inside a car can easily be double the temperature outside, and because a child's body heats up three to five times faster than an adult's they are more susceptible to heatstroke.

For more information on the health effects of extreme heat, residents can Like and Follow the [Health & Community Services Department's Facebook Page](#) or visit www.cdc.gov/extremeheat/index.html.

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Kalamazoo County Government
Health & Community Services Department

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