



## Health & Community Services

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### Media Release

FOR IMMEDIATE RELEASE

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#### **It's HOT Outside! Stay Cool. Stay Hydrated. Stay Informed.**

**Kalamazoo, Mich. [June 15, 2017]** – Summer temperatures and longer days can mean great fun in the sun, but are you protecting yourself from dehydration, heat exhaustion and heat stroke? According to the CDC extremely high or unusually hot temperatures can affect your health. On average, 675 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.**

**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 (at least SPF 15) and reapply every two hours, after swimming or exercising.
- Limit outdoor activity, especially midday when it is 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.
- Check on at-risk friends, family and neighbors at least twice a day.

#### *Stay Hydrated*

- Drink more than usual and don't wait until you're thirsty to drink.
- Drink from 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.
- Visit <http://www.kalcounty.com/php/heat.html> to find local information and tips for preventing heat sickness.
- Keep your friends, family and neighbors aware of weather and heat safety information.
- Never, ever leave children, the elderly or pets in parked vehicles. Vehicles heat up very quickly and can become dangerous, even with the windows open.

Additionally, the Kalamazoo County Health & Community Services Department encourages all residents to learn the signs and first aid response for heat-related illness. Knowing the warning signs and symptoms may save your or a loved one's life.

For more information on extreme heat call Kalamazoo County Health & Community Services at (269) 373-5267 or visit <https://www.cdc.gov/extremeheat/index.html>.

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### How to Prevent, Recognize & Address Dehydration, Health Exhaustion & Heat Stroke

SYMPTOMS to know and watch for:	What You Should Do:
<b>Dehydration</b>	
<ul style="list-style-type: none"> <li>▪ Dry Mouth</li> <li>▪ Thirst</li> <li>▪ Headache</li> <li>▪ Dizziness</li> <li>▪ Cramps</li> <li>▪ Excessive Fatigue (Tiredness)</li> <li>▪ Irritability</li> </ul>	<ul style="list-style-type: none"> <li>▪ Move to a shaded or air conditioned area</li> <li>▪ Drink water to replace fluids in your body</li> <li>▪ Call your physician if symptoms continue</li> </ul>
<b>Heat Exhaustion</b>	
<ul style="list-style-type: none"> <li>▪ Heavy Sweating</li> <li>▪ Weakness</li> <li>▪ Skin is Cold, Pale, and Clammy</li> <li>▪ Weak Pulse</li> <li>▪ Fainting</li> <li>▪ Vomiting</li> </ul>	<ul style="list-style-type: none"> <li>▪ Move to a cooler location</li> <li>▪ Lie down and loosen your clothing</li> <li>▪ Apply cool, wet cloths to as much of your body as possible</li> <li>▪ Sip water every 15 minutes</li> <li>▪ If vomiting continues, seek medical attention immediately</li> </ul>
<b>Heat Stroke</b>	
<ul style="list-style-type: none"> <li>▪ High Body Temperature (over 103°F)</li> <li>▪ Hot, Red, Dry or Moist Skin</li> <li>▪ Rapid (Fast) and Strong Pulse</li> <li>▪ Possible Unconsciousness</li> </ul>	<ul style="list-style-type: none"> <li>▪ Call 911 immediately – this is a medical emergency</li> <li>▪ Move the person to a cooler environment (shade, indoors...)</li> <li>▪ Apply cool cloths to the person's body or even take a cool bath (Need to lower body temperature)</li> <li>▪ Do NOT give the person fluids (anything to drink)</li> </ul>

Promoting Health for All



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