



LIVINGSTON COUNTY
Health Department

FOR IMMEDIATE RELEASE

Livingston County Residents Reminded to Stay Safe in Extreme Heat

HOWELL, Michigan. - (July 7, 2020) With high temperatures and humidity expected throughout the week, the Livingston County Health Department (LCHD) is reminding all residents to stay safe during the extreme heat. Extreme heat is when temperatures are much hotter and/or more humid than average. If exposed to extreme heat, your body may be unable to properly cool itself, leading to serious health problems. Infants, small children, and people 65 and older are at the highest risk for heat related illness. The risk of heat related illness also increases when temperatures remain high for multiple days, as expected this week. LCHD encourages residents to keep themselves and their loved ones safe with the following tips:

- Drink more fluids and avoid liquids with large amounts of sugar and alcohol.
- Limit outdoor activities to when it's coolest in the morning and evening.
- Spend time indoors in air conditioning.
- Wear lightweight, light-colored and loose-fitting clothing.
- Wear sunscreen, as sunburn affects a body's ability to cool down.
- Check on elderly neighbors and relatives to determine if they need assistance.

In addition to staying hydrated and out of the sun, residents are reminded to never 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.

Heat exhaustion and heatstroke are both forms of heat-related illness. Signs of heat-related illness vary but may include: heavy sweating, muscle cramps, weakness, dizziness, headache,

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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. For more information about how to protect yourself and your loved ones from heat-related illness, visit the Centers for Disease Control and Prevention's website at <https://www.cdc.gov/disasters/extremeheat> or the Ready National public service campaign website at <https://www.ready.gov/heat>.

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