

Press Release

For Immediate Release
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Greene County Public Health Encourages Residents To Take Advantage of Cooling Centers During High Heat

XENIA, OH – Greene County is expected to experience very hot weather this week, with temperatures reaching **89°F** and heat index values, or “feels-like” temperatures, as high as **95°F**.

Greene County Public Health, the Greene County Emergency Management Agency, and the Greene County Sheriff’s Office are reminding residents to take steps to stay safe during the heat.

Hot temperatures can be dangerous to your health. Older adults, infants and young children, people who work or exercise outdoors, people experiencing homelessness, and those with ongoing health problems may be at greater risk.

Young children and pets should never be left alone in a vehicle. Even on a warm day, temperatures inside a vehicle can quickly rise to dangerous or deadly levels.

Greene County Public Health offers the following tips to help residents stay safe:

Stay Cool

- Stay in air-conditioned buildings when possible. Local libraries can be a great place to cool off.
- Do not rely on a fan as your main way to stay cool during extreme heat.
- Limit outdoor activities, especially during the hottest part of the day.
- Avoid direct sunlight when possible.
- Wear loose, lightweight, and light-colored clothing.
- Take a cool shower or bath to help lower your body temperature.
- Close blinds, shades, and curtains to help keep the sun and heat out.
- Check on older adults, family members, friends, and neighbors who may be at risk.
- Never leave children or pets alone in a closed vehicle.

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Greene County Public Health

Melissa Howell, MS, MBA, MPH, RN, REHS, Health Commissioner

Kevin L. Sharrett, MD, Medical Director

Stay Hydrated

- Drink more water than usual. Do not wait until you feel thirsty.
- If you are working or exercising outside, drink water often.
- Avoid alcohol and drinks with a lot of sugar.
- Encourage family, friends, and neighbors to drink enough water.

Stay Informed

- Watch local news and weather reports for heat warnings and safety information.
- Learn the signs of heat-related illness and what to do if someone becomes sick.
- Share heat safety information with family, friends, and neighbors.

Know the Signs of Heat-Related Illness

Heat Exhaustion

Warning signs may include:

- Heavy sweating
- Weakness
- Cold, pale, or clammy skin
- A weak pulse
- Fainting
- Nausea or vomiting

What to do:

- Move to a cooler place.
- Lie down and loosen tight clothing.
- Place cool, wet cloths on the body.
- Sip water.

If vomiting continues, seek medical help right away.

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Heat Stroke

Warning signs may include:

- A body temperature of 103°F or higher
- Hot, red, dry, or damp skin
- A fast, strong pulse
- Confusion or loss of consciousness

What to do:

- **Call 911 immediately. Heat stroke is a medical emergency.**
- Move the person to a cooler place.
- Use cool, wet cloths or a cool bath to help lower body temperature.
- **Do not give the person anything to drink.**

Cooling Centers Available in Greene County

The following locations are available for residents who need a place to cool off, courtesy of the Greene County Emergency Management Agency:

BEAVERCREEK

Beavercreek Senior Center

3868 Dayton Xenia Rd., Beavercreek
937-426-6166

Beavercreek Community Library

3618 Dayton-Xenia Rd., Beavercreek
937-352-4001

BELLBROOK

Winters-Bellbrook Community Library

57 W. Franklin St., Bellbrook
937-352-4004

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CEDARVILLE

Cedarville Community Library

20 S. Miller St., Cedarville

937-352-4006

FAIRBORN

Fairborn Senior Center

325 N. Third St., Fairborn

937-878-4141

Fairborn Community Library

1 E. Main St., Fairborn

937-878-9383

Fairborn Police Department Lobby

70 W. Hebble Ave., Fairborn

937-754-3000

JAMESTOWN

Jamestown Community Library

86 Seaman Dr., Jamestown

937-352-4005

XENIA

Xenia Community Library

76 E. Market St., Xenia

937-352-4000

YELLOW SPRINGS

Yellow Springs Senior Center

227 Xenia Ave., Yellow Springs

937-767-5751

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Yellow Springs Community Library

415 Xenia Ave., Yellow Springs

937-352-4003

John Bryan Community Center

100 Dayton St., Yellow Springs

937-767-7202

For more information about extreme heat safety, visit the www.Ready.gov heat safety page.

For more information about Greene County Public Health, visit its website at www.greenecophoh.gov or call **937-374-5600**.

Greene County Public Health...
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