



Greene County Public Health

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Press Release

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Greene County Public Health Cautions Residents of Heat-Related Illness During Heat Wave

XENIA, OH – Greene County Public Health, along with the Greene County Emergency Management Agency and the Greene County Sheriff’s Office, is reminding the public that extreme heat and humidity are forecasted to be high this week, and caution is advised when outdoors for extended periods. Extremely high or unusually hot temperatures can affect your health. The most vulnerable people include the elderly, those who work or exercise outdoors, infants and children, people who are experiencing homelessness, and individuals with chronic medical conditions.

Young children and pets should never be left unattended in vehicles under any circumstances. This is especially true during warm or hot weather, when car interiors can reach lethal temperatures within minutes.

Public Health recommends that everyone pay particular attention to the following suggestions:

Stay cool

- Stay in air-conditioned buildings. Local libraries are great places to escape the heat.
- Do not rely on a fan as your primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Adjust blinds, shades, curtains, and awnings to keep out the sun.
- Check on at-risk friends, family, and neighbors at least twice a day.
- Children and pets should not be left unattended in closed vehicles. Temperatures can reach dangerous levels rapidly.

Stay hydrated

- Drink more than usual and don’t wait until you’re thirsty to drink.
- Drink two to four cups of water every hour while working or exercising outside.

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- Avoid alcohol or beverages high in 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 www.greenecophoh.gov for local information and tips on preventing heat sickness.
- Keep your friends, family, and neighbors aware of weather and heat safety information.

Additionally, Greene County Public Health encourages all residents to learn the signs and first aid response for heat-related illness. Warning signs and symptoms vary, but may include:

Heat Exhaustion Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting.

What You Should Do

- Move to a cooler location
- Lie down and loosen your clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- If you have vomited and it continues, seek medical attention immediately

Heat Stroke Symptoms

- High body temperatures (above 103°F)
- Hot, red, dry, or moist skin
- Rapid, strong pulse
- Possible unconsciousness.

What You Should Do

- Call 911 immediately – this is a medical emergency
- Move the person to a cooler environment
- Reduce the person's body temperature with cool cloths or even a bath
- Do NOT give fluids

Cooling Centers are available at the following locations:

- Beaver Creek Senior Center, 3868 Dayton Xenia Rd., Beaver Creek - 937-426-6166
- Fairborn Senior Center, 325 N 3rd St., Fairborn - 937-878-4141
- Yellow Springs Senior Center, 227 Xenia Ave., Yellow Springs - 937-767-5751
- Beaver Creek Community Library, 3618 Dayton-Xenia Rd., Beaver Creek - 937-352-4001
- Cedarville Community Library, 20 South Miller St., Cedarville - 937-352-4006
- Fairborn Community Library, 1 East Main St., Fairborn - 937-878-9383
- Jamestown Community Library, 86 Seaman Dr., Jamestown - 937-352-4005

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- Winters-Bellbrook Community Library, 57 West Franklin St., Bellbrook - 937-352-4004
- Xenia Community Library, 76 East Market St., Xenia - 937-352-4000
- Yellow Springs Community Library, 415 Xenia Ave., Yellow Springs - 937-352-4003
- John Bryan Community Center, 100 Dayton St., Yellow Springs - 937-767-7202
- Fairborn Police Department Lobby, 70 W. Hebble Ave., Fairborn - 937-754-3000

For more information on extreme heat, visit <https://www.ready.gov/heat>. For more information about Greene County Public Health, visit the website at www.greenecophoh.gov or call 937-374-5600.

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