

LENAWEE COUNTY HEALTH DEPARTMENT

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PRESS RELEASE

FOR IMMEDIATE RELEASE

Residents reminded to stay safe in summer heat as temperatures rise

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With temperatures across the state expected to remain in the 80s and above through next week, the Lenawee County Health Department is reminding all residents to stay cool to beat the heat.

The Michigan Department of Health and Human Services (MDHHS) routinely reviews emergency department (ED) data for heat-related illness. Since July 1, more than 600 ED visits due to complaints including sunburn and sun poisoning, heat exhaustion and heat stroke and dehydration were reported. Daily temperatures this week are anticipated to again rise above 80 degrees, which generally correlates with an increase in emergency department visits for heat-related illness.

"It's important Michiganders stay hydrated and out of the sun as much possible to avoid serious health complications during this hot weather," said Dr. Joneigh Khaldun, MDHHS chief medical executive and chief deputy director for health. "Young children, older adults and those who have medical conditions are at increased risk for heat-related illness, so be sure to check frequently on them and others in your community who may need additional assistance."

To prevent complications from the heat, residents are encouraged to:

- 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, 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.

If you need a place to cool off, one option is to visit one of the local libraries to escape the heat. For a list of libraries in Lenawee County, along with their hours, visit.

<http://www.lenawee.mi.us/DocumentCenter/View/4851/Cool-off-at-the-library>

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: <https://www.cdc.gov/disasters/extremeheat/index.html>.

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