



Public Health
Prevent. Promote. Protect.

Clark County Combined Health District
529 E. Home Road
Springfield, Ohio 45503

Charles Patterson, Health Commissioner

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NEWS

Public Information Office
Emma Smales
661-433-2883

Clark County Combined Health District Issues Public Health Heat Advisory Maximum Heat Index Temperatures Expected to Reach 105° or Higher

Clark County, Ohio – The Clark County Combined Health District (CCCHD) is informing the public that the National Weather Service in Wilmington has issued an Excessive Heat Watch, which is in effect from Friday, July 19 through Saturday, July 20. Heat Index Values will be near or above 105°F due to temperatures in the mid-90s, and dewpoints in the mid-70s.

Extremely high or unusually hot temperatures can affect your health. **The people most vulnerable include the elderly, those who work or exercise outdoors, infants and children, the homeless and individuals with a chronic medical condition.**

“Heat illness can surprise you. Early signs may be nausea, general weakness, dizziness, headache, or extreme thirst,” said Charles Patterson, Clark County Health Commissioner.

The CCCHD recommends that everyone pay particular attention to the following suggestions:

Stay cool

- Stay in air-conditioned buildings.
- Do not rely on a fan as your primary cooling device. Use air conditioning if available.
- 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, 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 water 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.
- Avoid alcohol or liquids containing high amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water

Additionally, public health officials encourage all residents to learn the signs and first aid response for heat-related illness. According to the CDC warning signs and symptoms vary but may include:

Heat Exhaustion Symptoms

- Heavy sweating
- Weakness or tiredness
- Skin cold, pale, and clammy
- Weak pulse
- Nausea or vomiting
- Muscle cramps
- Dizziness or fainting
- Headache

What You Should Do for Heat Exhaustion

- 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.
- If your symptoms get worse or last longer than one hour, seek medical attention immediately

Heat Stroke Symptoms

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness
- Headache
- Dizziness
- Nausea
- Confusion

What You Should Do for Heat Stroke

- 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 stations will be available as reprieve from the heat and humidity during this Emergency period. They are as follows:

- Meijer, Hillcrest Avenue
- Wal-Mart, Bechtle Avenue
- Wal-Mart, Tuttle Road
- New Carlisle Public Library, 111 East Lake, New Carlisle
- Clark County Public Libraries
 - 201 South Fountain, Springfield
 - 1119 Bechtle Ave, Springfield
 - 5 W Jamestown St, South Charleston
 - 209 Main Street, Enon
- McDonalds, 2133 S. Dayton-Lakeview Rd, New Carlisle

- 3333 Lake Rd, Bethel Township, Medway

The Clark County Combined Health District continues to partner with West Central Ohio Public Health Region to provide accurate and current emergency health information.

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