



# Summit County Health District

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## FOR IMMEDIATE RELEASE

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### SUMMER SAFETY TIPS

#### ***Beat The Heat***

Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to, and
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.

People who are at highest risk are **the elderly, the very young, and people with mental illness and chronic diseases**. But **even young and healthy people can get sick from the heat** if they participate in strenuous physical activities during hot weather.

**Air-conditioning is the number one protective factor** against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

**You can take these steps** to prevent heat-related illnesses, injuries, and deaths during hot weather:

- Stay cool indoors
- Drink plenty of fluids
- Replace salt and minerals
- Wear appropriate clothing and sunscreen
- Schedule outdoor activities carefully
- Pace yourself
- Use a buddy system
- Monitor people at high risk
- Adjust to the environment
- Do not leave children in cars
- Use common sense

### ***Mosquito Tips***

- Limit outdoor activities when mosquitoes are most active, dusk and dawn.
- Keep windows and doors sealed tight and maintain window and door screens to prevent mosquitoes from entering the house.
- If outside, wear protective clothing such as shoes, long pants, and a light colored long sleeved shirt.
- Mosquito netting can also be used over your face and neck or placed over infant strollers or playpens.
- More information on mosquito control and related topics can be found at [http://www.schd.org/PAGES-ENVIRONMENTAL/Subpages-MOSQUITO/subpage\\_env\\_MOSQUITO.html](http://www.schd.org/PAGES-ENVIRONMENTAL/Subpages-MOSQUITO/subpage_env_MOSQUITO.html).

### ***Rabies Information***

People are exposed to rabies when they are bitten by an infected animal, or less commonly, when saliva from an infected animal gets into an open wound or onto a mucous membrane. Any bite wound should be thoroughly washed with soap and water as soon as possible.

Animal bite victims should consult with their doctor and promptly report the incident to the local health department. Rabies is almost always fatal once clinical symptoms appear. To confirm the victim's risk of being exposed to rabies, a decision must be made to either test or quarantine the biting animal, or to treat the victim. Treatment must be initiated soon after the exposure to be effective.

Ohio's local health departments investigate more than 24,000 animal bite incidents annually. Because of health department activities and medical treatment, human rabies is rare in the United States. Ohio's last human rabies case was in 1970.

More information on rabies and related topics may be found at [http://www.schd.org/PAGES-ENVIRONMENTAL/Subpages-RABIES/subpage\\_env\\_RABIES.html](http://www.schd.org/PAGES-ENVIRONMENTAL/Subpages-RABIES/subpage_env_RABIES.html).

For more information on these and other summer safety tips, please visit [www.schd.org](http://www.schd.org).

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