When It’s a Scorcher: Prevent Heat-Related Illnesses

Richland County residents got a taste of hot weather in June, but heat and humidity usually rises during the later summer months. Richland Public Health urges residents to use extra care to avoid heat-related illness.

People suffer heat-related illnesses such as heat stroke and heat exhaustion when the body’s temperature-control system is overloaded. Sweating is the body’s natural way of cooling itself. In some situations, especially in periods of high humidity, sweating alone will not provide an adequate release of body heat.

Conditions that can limit the body’s ability to regulate temperature in hot weather are old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn and drug and alcohol use. Among those at highest risk for heat stroke or heat exhaustion are:

- Infants and children up to 4 years old.
- People 65 and older.
- People who are overweight.
- People who over-exert during work or exercise.
- People who are ill or on certain medications.

Friends and neighbors are urged to periodically check on the elderly and those with illnesses, as they are among the highest-risk groups for heat-related problems.

Know the Signs of Heat Exhaustion

- Remember, heat-related symptoms can come on quickly.
- Symptoms of heat exhaustion are: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or fainting. People experiencing these symptoms should be moved to a cool, shady or air-conditioned area, and provided cool, non-alcoholic beverages.
- Remove layers of clothing, if possible.

Know the Signs of Heat Stroke

- Heat stroke is a potentially life-threatening condition, characterized by: a body temperature of 103 degrees or higher; red, hot and dry skin with no sweating; rapid pulse; headache; dizziness; nausea; confusion; unconsciousness; and gray skin color.
- People experiencing heat stroke need immediate medical assistance.
- Before help arrives, begin cooling the victim by any means possible, such as spray from a garden hose or by placing the person in a cool tub of water.

For tips to beat the heat, see the Summer Safety page at richlandhealth.org.

And, please, don’t forget your pets: consider walking with your pets in the early morning before it gets too hot; make sure pets have lots of water and a covered area to get out of the sun and cool down.

Be sure to see the information on the dangers of children left in cars on the reverse side of this report.

The Shawshank Hustle is Back!

After doing a virtual run last year due to COVID-19 restrictions, the Shawshank Hustle is back for it’s seventh annual 4.6 mile run from the Guards vs. Inmates Challenge. Runners will be separated as fairly as possible into two teams: Guards and Inmates. The official “Shawshank Warden” will be racing against those teams on race day. The winning team will be the one with the lowest aggregate time vs. the “Warden,” and be entered into a drawing for prizes.

Registration is open until July 31 at: richlandhealth.org/shawshankhustle

National Health Observances JULY: Cord Blood Awareness Month; UV Safety Month; Juvenile Arthritis Awareness Month; Park and Recreation Month; Sarcoma Awareness Month; July 28: World Hepatitis Day. SEE OUR SUMMER SAFETY WEB LINKS at richlandhealth.org
HEALTH REPORT (PAGE TWO)

Don’t Leave Children Unattended in Cars

Heatstroke (body temperature exceeds 104°) is caused by prolonged exposure to high temperatures. The medical symptoms include dizziness, disorientation, agitation, confusion, sluggishness, seizure, hot dry skin that is flushed but not sweaty, loss of consciousness, rapid heart beat, and hallucinations. A core body temperature of 107° can be lethal.

Heatstroke is a particular problem for children. Their thermoregulatory systems are not as efficient as an adult’s and their body temperatures warm at a rate 3 to 5 times faster than an adult’s.

Children being left in cars is the most common reason for childhood death due to heatstroke. Here’s the number of U.S. heatstroke deaths for children left in cars: 2021: 5 (through July 1); and for the last four years, 2020: 25; 2019: 53; 2018: 53; 2017: 44. Since 1998 to present: 888; Average per year since 1998: 38 or one every nine days. (see: http://www.noheatstroke.org)

Sadly, the most common reason for a child death from vehicular heatstroke is the child was “forgotten” by the caregiver.

Temperatures inside a car even on a mild day (70°) can rise as much as 43° in an hour. Cracking the window does little to help. On a very hot day, temperatures of some objects in a car (dashboard) can rise to 200°.

SAFETY FIRST

• Never leave a child unattended in a car; not even for a minute.
• If you see an unattended child in a car, call 9-1-1.
• Be sure that all occupants leave the vehicle when unloading.
• Put something you’ll need later in the back seat with the child.
• Make “look before you lock” a routine whenever you get out of the car. Remember: “Beat the Heat; Check the Back Seat.”

Need your car seat install checked? Richland Public Health has three child passenger safety technicians. Call 419-774-4726. (CPS1 Reed Richmond’s granddaughter Mariah Stoner, above).

COVID-19 Vaccination Information

All adults ages 18 and older can get a COVID-19 vaccination using either the two-dose Moderna and Pfizer vaccines or the one-dose Johnson and Johnson vaccine. Individuals 12 and older can get the Pfizer vaccines (Moderna is pending approval).

Our registration number is 1-419-774-4700. See richlandhealth.org/vaccine-registration for updates and contacts for all Richland County providers.

As of July 1, Richland County had vaccinated 42,235 with at least one dose of the vaccine and Ohio had vaccinated 5.57 million individuals.

COVID-19 Cases as of July 1, 2021 (cases since 12/31/2019)

<table>
<thead>
<tr>
<th>Location</th>
<th>Total Cases</th>
<th>Deaths</th>
<th>Total Recovered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Richland County</td>
<td>11,622</td>
<td>215</td>
<td>11,322</td>
</tr>
<tr>
<td>Ohio</td>
<td>1,111,324</td>
<td>20,299</td>
<td>1,083,949</td>
</tr>
<tr>
<td>United States</td>
<td>33,666,198</td>
<td>604,718</td>
<td>29,026,688</td>
</tr>
<tr>
<td>Worldwide</td>
<td>182,303,080</td>
<td>3,948,970</td>
<td>167,641,971</td>
</tr>
</tbody>
</table>

VITAL STATISTICS

The Vital Statistics division maintains records of all births and deaths in Richland County since 1908. For information on obtaining a birth or death certificate, check the website at richlandhealth.org or call 419-774-4500.

Infant Mortality: Richland County
For 2021: 0
For 2020: 1
Infant mortality is defined as the death of a baby before his or her first birthday. Infant deaths are considered an important indicator of the overall health of a society. Deaths to residents occurring outside of Richland County are not reflected in county death statistics. KNOW the SAFE SLEEP ABCs: Alone, on Back, in a Crib.

CALLING THE HEALTH DEPARTMENT

Main Number: 419-774-4500
Public Health Clinic: 419-774-4700
Public Health Nursing: 419-774-4540
Environmental Health: 419-774-4520
Community Health Sciences: 419-774-4761
WIC: 419-774-4560

The Richland Public Health “Health Report” is a monthly production of the Community Health and Prevention Sciences Division. Suggestions and corrections, including mailing label corrections, are welcome. Call Reed Richmond, Health Education and Communications Specialist, at 419-774-4726 or email rrichmond@richlandhealth.org

Richland Public Health is an equal opportunity employer/provider of services.

RETURN SERVICE REQUESTED