Richland Public Health urges residents to use caution and prevent heat-related illness. Stay hydrated, keep cool and avoid the sun during the hottest part of the day 10am-4pm. Sweating is one of the body’s natural ways of cooling itself. Sweating alone may not provide an adequate release of body heat. Heat-related illnesses such as heat exhaustion and heat stroke occur when the body’s temperature-control system over-heats.

Who’s at greatest risk for heat stroke or heat exhaustion?
- Infants and children up to 4 yrs
- Anyone who is:
  - overweight
  - over-exerting at work or exercise
  - 65 and older
  - ill or on certain medication
  - sunburned
  - using drugs or alcohol

Signs of Heat Exhaustion
- heavy sweating
- muscle cramps
- weakness
- dizziness
- headache
- nausea

Signs of Heat Stroke
- body temperature of 103 degrees or higher
- gray or red, hot and dry skin with no sweating
- rapid pulse
- nausea
- confusion
- unconsciousness

Symptoms of heat-related illness can come on suddenly
People experiencing heat stroke need immediate medical assistance

Check on the elderly and those with illnesses during periods of high heat alerts

Consider walking pets in the early morning or early evening. Have plenty of water and a covered area for you and them to get out of the sun and cool down

For more safety tips see richlandhealth.org

TIPS TO KEEP CHILDREN SAFE
- Never leave a child unattended in a vehicle, even if the windows are partially open or the engine is running or the air conditioning is on.
- Park, Lock, Lock - Park the car. Look for children in the front and back seats. Lock all doors of the car.
- Ask your childcare provider to call you right away if your child hasn’t arrived as scheduled.
- Keep vehicles locked at all times and place car keys and fobs where children cannot reach them.

NEVER EVER LEAVE CHILDREN UNATTENDED IN A VEHICLE
A car can get 20 degrees hotter in just 10 minutes. A child’s body temperature rises three to five times faster than an adult’s and they can die within minutes of being left unattended in a hot vehicle. Richland Public Health joins national child and car safety organizations and encourages parents and caregivers to adopt a mindset to protect children.

Protecting children is everyone’s business.
Get involved if you find a child alone in a vehicle:
Call 911 right away and get instructions on how to care for the child.
If the child is not responsive or is in distress:
Get them out of the car and into cool shade.
If the child is responsive and not in distress:
Stay with them until help arrives.

Did you know that 4 out of 5 Child Car Seats are installed incorrectly?

Have your car seat installation checked by a Certified Child Car Seat Technician for FREE at Richland Public Health. Call 419-774-3541 for an appointment.

NEVER EVER LEAVE A CHILD UNATTENDED IN A VEHICLE

Richland Health Report

July 2022

Richland Public Health
Prevent. Promote. Protect.

HOT TOPIC: HEAT RELATED ILLNESS

PUBLIC HEALTH NURSING
Health services for people of all ages who are residents of Richland County. Services are provided through our on-site clinic, in the community and through our home visits.

Public Health Clinic May YTD
Immunizations (visits)..............................122........591
International Travel (visits)......................4.............17
Tuberculin Skin Test..........................36.............165
Vaccinations (COVID/Other)..................114........515
Total Visits........................................135........428

All visits to the clinic are by appointment.
Call 419-774-4700 to schedule an appointment.

Public Health Nursing May YTD
CMH (case contacts)..........................543........1,749
Community Health Screenings...............150......269
Influenza Vaccines................................0...........13
Lead Case Management.........................0.......0
Newborn/Prenatal Home Visits................10...........119
Cribettes distributed............................6.............18
School Nurses (student care YTD).............265......927

Communicable Disease Report
Infectious Disease (not flu/sti/COVID)....16............66
Influenza (A&B)....................................18............353
COVID-19 (Coronavirus).......................587........7,401
Hospitalizations due to COVID..............0.............6
Hospitalizations due to COVID..............45...........143

Sexually Transmitted Infections
STI Positive Results..........................46.........274
Chlamydia........................................36.........202
Gonorrhea........................................10..........72
Syphilis............................................0...........0

WIC Services- May
New Participants.................................157
Recertifications..................................110
Other Contacts....................................90
Total Ashland & Richland Counties........862

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

Website: richlandhealth.org Facebook: Richland Public Health Twitter: @RichlandHealth1 Instagram: RichlandHealth YouTube: Richland Health
The Vital Statistics division maintains records of all births and deaths in Richland County since 1908. For information on obtaining a birth certificate, visit our website richlandhealth.org/shawshankhustle.

The official “Shawshank Warden” will be racing against both teams on race day. The team with the lowest aggregate time against the “Warden” is named the winning team. That winning team member’s names will then be entered into a drawing for prizes, including a new pair of running shoes!

The event will commence it’s 7K run from the Ohio State Reformatory, through downtown Mansfield, and back to the Historic Reformatory. Registration is open thru July 31 at: richlandhealth.org/shawshankhustle

SAVE SLEEP ABCs: Alone, in a safe sleep environment, and wearing a sleep sack, in a crib.

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

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

Return Service Requested