# hen 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-

When you are thirsty or feeling the

or play outdoors, remember:

Water First for Thirst!

need for a cool beverage during work

Too hot to walk? Try the air-conditioned Richland Mall. Six laps around the interior equals one mile.

the morning or early evening when it's not as hot.

# Know the Signs of Heat Exhaustion

risk groups for heat-related problems.

- 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. Going for a run? The B&O Trail is great. Try going in
- 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 Historic Reformatory, through downtown Mansfield, and back. There is

also a virtual race option if you can't make the event in person.

Richland Public Health will again be sponsoring 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

### **PUBLIC HEALTH NURSING**

Health services for people of all ages who are residents of Richland County. Services are provided through our onsite clinic, in the community and through our home visits.

Public Health Clinic	May	YTD
Immunizations (visits)	77	173
International Travel (visits/consults).	0 .	0
Nurse Appointments	0 .	0
COVID/Other Vaccinations	230 .	8,048
Total Visits	307 .	8,221
For Clinic Appointments for child adul	lt travel	and

shingles vaccine as well as flu shots: call 419-774-4700. All visits to the Clinic are by appointment.

Public Health Nursing	<u>May</u>	<u>YTD</u>
CMH (case contacts)	360	1,891
Community Health Screenings (	oostponed/co	vid)
Influenza Vaccines (Flu Shots)	0	4
Lead Case Management	0	0
Newborn/Prenatal Home Visits.	13	37
Cribettes distributed	5	25
School Nurses (student care YTD	) 7	742
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COMMUNICABLE DISEASE	<b>REPORT</b>	
Infectious Diseases (not flu/sti/covid)	17	77
Influenza (A & B)	0	6
Hospitalizations due to Influenza	0	0
COVID-19 (coronavirus)	265 3,6	636
Hospitilizations Due to COVID-19	27	245
Sexually Transmitted Infection		
STI Positive Results	59 3	365
Chlamydia	48 2	244

#### **WIC Services - May**

Syphilis.....

**New Participants** Recertifications Other Contacts

139 166 <u>403</u>

Total Ashland & Richland Counties:

708

# HEALTH REPORT (PAGE TWO)

# Don't Leave Children Unattended in Cars

Heatstroke (body temperature exceeds  $104^{\circ}$ ) 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  $107^{\circ}$  can be lethal.

Heatstroke is a particular problem for children. Their thermore gulatory 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  $(70^{\circ})$  can rise as much as  $43^{\circ}$  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  $200^{\circ}$ .



#### 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. (CPST 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)

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

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

# If you saw a heat wave, would you wave back?

Stephen Wright

#### 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.

	<b>May</b>	YTD
Total Births (all ages)	106	547
Births to Teens	7	33
Repeat Births*		
	May	YTD
Total Deaths		
Female		
Male		
Causes of Death		
Heart Related	38	210
Cancer	22	102
COVID-19 (coronavirus)	8	82
Alzheimer's/Dementia	9	45
Lung Diseases	4	37
Accidents (drugs/falls/crashes)	3	31
Strokes/CVA	6	30
Renal/Kidney	10	22
Flu/Pneumonia	2	16
Suicides	1	6
Parkinson's	1	5
Homicides	0	3
Other (not listed above)		
Deaths Pending Autopsy	8	17
*repeat births = 2nd or more live bir		
Birth & Death statistics include City	of Shelby	

# Infant Mortality: Richland County For May: 0 For 2021 to date: 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 occuring outside of Richland County are not reflected in county death statistics. KNOW the SAFE SLEEP ABC's: Alone, on Back, in a Crib.

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