

**Noble Maseru, Ph.D., MPH**  
**Health Commissioner**  
**Board of Health**  
**City of Cincinnati**

**NEWS RELEASE**

Date: July 22, 2010  
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**FOR IMMEDIATE RELEASE**

## **Two Day Heat Emergency Issued**

Cincinnati—Dr. Noble Maseru, City of Cincinnati Health Commissioner has declared a heat emergency for Friday, July 23 and Saturday, July 24. Temperatures at this level are potentially dangerous and put individuals at risk for heat related illness if the proper precautions are not followed. A heat emergency indicates that the predicted temperature or heat index exceeds 95 degrees for an extended period of time.

It is important to check on elderly and individuals with illnesses that decrease their ability to respond to extreme heat (heart and kidney disease, high blood pressure, recent stroke, diarrhea, mental illness). Infants and small children are also at greater risk to experience heat related illness. People who work outdoors, such as construction workers and roofers, should be aware of the dangerously high temperatures and should drink plenty of water even when not thirsty.

Cincinnati Recreation Centers will be open during normal hours to serve as “Cool Centers” for heat relief. They will provide a cool comfortable place to sit and rest that will allow citizens to get out of the heat. To locate a Cincinnati Recreation Center close to you visit <http://www.cincinnati-oh.gov/crc/pages/-39537-/>

To avoid heat stress or heat related illness, Cincinnati citizens are advised to take the following precautions.

- Drink plenty of water, even if not thirsty.
- Avoid alcoholic beverages; alcohol can increase a person’s risk to heat related illnesses.

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- Decrease physical activity such as yard work or exercise. Activities should occur on the morning or in the evening. Stay in the shade as much as possible.
- Individuals with chronic health problems, such as heart disease or lung problems, should minimize activities because the heat will add additional stress.
- Extra caution should be taken for the elderly and young infants and children to assure that they are protected from the heat.
- Individuals on medications should check with their doctor or pharmacist to see if the medicines put them at increased risk of heat related illness.
- Check on those who may need assistance.
- Wear lightweight, light-colored, loose, cotton clothing.
- Eat light meals.
- Adjust blinds, shades, and awnings to keep the sun out.
- Children and pets should not be left unattended in closed vehicles. Temperatures quickly rise to dangerous levels.
- Use air conditioning, or spend time in a cool basement. Many facilities such as libraries, malls, movie theaters and other public areas are air-conditioned.
- Keep in mind fans are only effective when they are bringing in cool air. When the relative humidity is high, the evaporative cooling of sweat is diminished.

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