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FOR IMMEDIATE RELEASE

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Extreme Heat Safety

NORWALK, Ohio— As summer temperatures rise, so does the risk of heat-related health concerns. Extremely hot and unusually high temperatures can affect anyone, but some groups are especially vulnerable, including older adults, infants, individuals experiencing homelessness, and people with certain [chronic medical conditions](#). Staying aware of heat risks and taking simple precautions can help keep you and your loved ones safe during the summer months.

Huron County Public Health (HCPH) would like to share precautions to prevent serious health effects such as heat exhaustion or heat stroke.

Stay Cool

- Stay in air-conditioned buildings.
- Limit outdoor activity and avoid direct sunlight, especially midday when the sun is at its highest peak.
- If you work outdoors, plan to take several breaks in the shade to cool off.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on your neighbors, friends, and family at least twice a day.

Stay Hydrated

- Drink lots of water, don't wait until you're feeling thirsty to drink.
 - It is recommended to drink at least two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.



Nicole Marks, MPH
Health Commissioner

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Additionally, HCPH encourages all residents to become familiar with the signs of heat-related illness and how to respond with appropriate first aid. Symptoms can vary, but may include:

Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

What You Should Do

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

Symptoms

- High body temperature (above 104°F) *
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness
Thirst
Heavy Sweating
Nausea
Weakness

Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion
Dizziness
Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

NOAA CDC NIOSH

Stay Cool, Stay Hydrated, Stay Informed!

Image Credits: National Weather Service, CDC, and The National Institute for Occupational Safety and Health (NIOSH)

Remember Pets During Extreme Heat

If you have an outdoor pet, remember to ensure they are provided with access to fresh drinking water, and shade during extreme temperatures.

HCPH also shares information on summer-related safety tips on our social media platforms: Facebook, Instagram, and X: @HuronCoHealth.

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