



# NEWS:

**Jean M. Hudson, M.D., M.P.H.**

Commissioner of Health

**Edward A. Diana**

Orange County Executive

FOR IMMEDIATE RELEASE  
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## **COUNTY EXECUTIVE, HEALTH COMMISSIONER ASK RESIDENTS TO TAKE PRECAUTIONS DURING FORECASTED HEAT WAVE**

*Recommendations may prevent serious illness, death*

**GOSHEN** – County Executive Edward A. Diana and Commissioner of Health Dr. Jean M. Hudson advise residents to take precautions during the region’s forecasted heat wave, scheduled to last at least through the weekend, as hot and humid weather can cause serious illness and death.

“I urge residents to stay cool and safe in an air conditioned environment, which may be at home, a neighbor’s house, the library, or a shopping mall,” said County Executive Diana. “I also ask that citizens take heed of Dr. Hudson’s recommendations on how to keep cool to prevent heat illness, and how to help family, friends and neighbors during this heat wave.”

Heat illness occurs when the body cannot cool down. Normally, the body cools itself by sweating and increasing blood flow to the skin. If the body can’t cool itself, the brain and other organs can be damaged, resulting in illness, such as heat exhaustion and heat stroke, or even death. Staying cool can be stressful for the body, which may worsen other health conditions such as heart or lung disease.

Dr. Hudson recommends that residents should: Drink water, even if they don’t feel thirsty, while avoiding drinks with alcohol, caffeine or excessive sugar; Check on family members and neighbors to make sure they are keeping cool, especially those at high risk – the elderly and those with respiratory illness; Stay out of the sun - if outside protect your head and face with a hat, wear light-colored and loose-fitting clothing, sunglasses and SPF 15 sunscreen; Avoid strenuous activities, confining activities to early morning and late evening hours; Take care to avoid leaving children, elderly or pets in cars, as cars can heat up quickly even with the windows open; and, Keep your home cooler utilizing window shades or curtains to keep out the sun, as well as trying not to use the oven or stove.

Residents should recognize symptoms of heat illness, which include: headache, dizziness or fainting, nausea or vomiting, weakness, muscle cramps, confusion, irritability, disorientation, or hallucinations, trouble breathing, hot, dry skin OR cold, clammy skin, and should take to a cool place, rest and drink water if experiencing them. If conditions persist, call 911 or go to the emergency room.

Those most likely to get sick from the heat are those who are 65 years of age and older, 4 years of age and younger, have chronic medical conditions such as congestive heart failure, diabetes, or emphysema, have mental health conditions such as dementia, Alzheimer’s or schizophrenia, take certain medications that keep the body from cooling down, are unable to leave the house, are confined to a bed, are obese, work in restaurant kitchens, construction sites, or other hot environments, athletes and people who exercise strenuously in hot weather.

For more information, please contact the Orange County Department of Health at (845) 291-2332 or visit them at [www.orangecountygov.com/health](http://www.orangecountygov.com/health).

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