



Public Health
Prevent. Promote. Protect.

PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

Serving the communities of Middlefield, Plainville and Southington

Main Office	Satellite Office	Satellite Office
196 NORTH MAIN ST.	ONE CENTRAL SQUARE	405 MAIN ST., STE.1
SOUTHINGTON CT 06489	PLAINVILLE CT 06062	MIDDLEFIELD CT 06455
860-276-6275 • FAX 860-276-6277 • pshd.org		
SHANE LOCKWOOD, M.P.H., R.S., DIRECTOR OF HEALTH		



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CONTACT: SHANE LOCKWOOD, 860-276-6275

Hot and Humid Weather Continues *PSHD Encourages Residents to Beat the Heat*

The local forecast calls for hot and humid weather this weekend. The hot temperatures can make people feel irritable, short tempered, and ill. Prolonged or intense exposure to hot temperatures can cause heat-related illnesses such as heat stroke and heat exhaustion. The Plainville Southington Health District (PSHD) wants to remind residents to stay cool, hydrated, and out of the sun.

“Heat related deaths and illnesses are preventable,” said Shane Lockwood, PSHD Director of Health. “Your best defense against heat-related illness is prevention. It is important to stay cool and to increase your fluid intake.”

Many people succumb to extreme heat. Those at greatest risk for heat-related illness include infants and children up to four years of age, people 65 years of age and older, people who are overweight, and people who are ill or on certain medications.

The Centers for Disease Control and Prevention and the PSHD recommends the following prevention tips:

- Drink plenty of fluids, regardless of your activity level. Don't wait until you're thirsty to drink. Fluids should be nonalcoholic and should not contain large amounts of sugar.

- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library. Call your local health department to see if there are any cooling stations in your town.
- Take a cool shower or bath to cool off.
- Wear light weight, light-colored, loose-fitting clothing.
- Never leave anyone in a closed, parked vehicle. This includes pets.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).

For more information on prevention of heat-related illness visit the CDC website at www.cdc.gov.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.