



City of Milford, Connecticut
-Founded 1639-
Health Department

Deepa D. Joseph, MPH
Health Director

Telephone: 203-783-3285
FAX: 203-783-3286
Email: health@ci.milford.ct.us
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PRESS RELEASE

FOR IMMEDIATE RELEASE

Contact:
Deepa D. Joseph, MPH
Health Director
(203) 783-3314

MILFORD HEALTH DEPARTMENT PROVIDES TIPS ON MANAGING SUMMER HEAT

The National Weather Service has announced that temperatures in our region over the next few days are expected to reach 90 degrees with high humidity. Milford Health Director Deepa Joseph advises all residents to take precautions to protect their health during the extremely warm weather. "All people are at risk for developing heat related illnesses in conditions of high temperatures and high humidity. Especially vulnerable to developing heat related illness are the elderly, young children and individuals with disabilities or chronic diseases such as heart disease and respiratory conditions such as asthma or emphysema." Parents of children with special medical conditions should consult with their physicians or care providers on best preventive measures.

The best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities and clothing during hot weather can help you to remain safe and healthy. Residents are reminded of the Milford Recreation Department's Beat the Heat—Open Swim program. Every Tuesday through August 18th, residents can cool down by taking a swim at McCann Natatorium, 34 Park Circle, Milford between the hours of 11am and 2pm. Registration is not required and the cost is \$1 for children and \$2 for adults.

The following precautions are advised at this time:

- Increase your fluid intake regardless of your activity level. Don't wait until you feel thirsty to drink fluids.
- Limit exercise in a hot environment and drink 2-4 glasses of fruit juice or a sports beverage each hour. Avoid drinks containing caffeine, alcohol or large amounts of sugar.
- Stay indoors and, if possible, in an air conditioned environment. If air conditioning is not available, consider a visit to air-conditioned places such as shopping malls, public libraries, and community centers for a few hours.
- Electric fans may be useful to increase comfort and to draw cool air into your home at night but do not rely on a fan as your primary cooling device during a heat wave. When the temperature is 90°F or higher, a fan will not prevent heat-related illness. A cool shower or bath is a more effective way to cool off.
- If you must be out in the heat, try to plan your activities so that you are outdoors either before noon or in the evening. While outdoors, rest frequently in a shady area so that your body's thermostat has a chance to recover.
- Wear lightweight, light-colored, loose fitting clothing. When outdoors, a wide-brimmed hat will provide shade and keep the head cool.
- NEVER leave small children, pets, disabled or elderly individuals in a closed, parked vehicle. Provide pets with plenty of water and shade.
- Wear sunscreen to protect skin from the sun's harmful rays.
- Check-up on family and neighbors who are at greatest risk of heat-related illness:

Warning signs of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting. If heat exhaustion is untreated, it may progress to heat stroke. Heat stroke is a medical emergency requiring immediate medical attention. If you are having severe and persistent heat-related symptoms, seek medical attention immediately.

For more information about heat, please visit the CDC website at <http://www.bt.cdc.gov/disasters/extremeheat/index.asp> or contact the Milford Health Department at 203-783-3285.

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