When It’s a Scorcher: Prevent Heat-Related Illnesses

Richland County residents got a taste of hot weather in June, but heat and humidity usually rises during the summer months. Richland Public Health urges residents to use extra care to avoid heat-related illness.

People suffer heat-related illnesses such as heat stroke and heat exhaustion when the body’s temperature-control system is overloaded. Sweating is the body’s natural way of cooling itself. In some situations, especially in periods of high humidity, sweating alone will not provide an adequate release of body heat.

Conditions that can limit the body’s ability to regulate temperature in hot weather are old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn and drug and alcohol use. Among those at highest risk for heat stroke or heat exhaustion are:

- Infants and children up to 4 years old.
- People 65 and older.
- People who are overweight.
- People who over-exert during work or exercise.
- People who are ill or on certain medications.

Friends and neighbors are urged to periodically check on the elderly and those with illnesses, as they are among the highest-risk groups for heat-related problems.

Know the Signs of Heat Exhaustion
- Remember, heat-related symptoms can come on quickly.
- Symptoms of heat exhaustion are: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or fainting. People experiencing these symptoms should be moved to a cool, shady or air-conditioned area, and provided cool, non-alcoholic beverages.
- Remove layers of clothing, if possible.

Know the Signs of Heat Stroke
- Heat stroke is a potentially life-threatening condition, characterized by: a body temperature of 103 degrees or higher; red, hot and dry skin with no sweating; rapid pulse; headache; dizziness; nausea; confusion; unconsciousness; and gray skin color.
- People experiencing heat stroke need immediate medical assistance.
- Before help arrives, begin cooling the victim by any means possible, such as spray from a garden hose or by placing the person in a cool tub of water.

For tips to beat the heat, see the Summer Safety page at richlandhealth.org. And, please, don’t forget your pets: consider walking with your pets in the early morning before it gets too hot; make sure pets have lots of water and a covered area to get out of the sun and cool down.

Be sure to see the information on the dangers of children left in cars on the reverse side of this report.

Walking Groups for Fitness

Just Walk Richland is a movement that encourages whole health walking in Richland County. These walking groups are open to all in Richland County and include walks on urban city streets, residential neighborhood streets, the Richland B&O trail, and rustic hiking trails.

Join our movement and share your ideas for future walks.

Just Walk Richland opens the invitation to individuals to walk for their own interests whether that is for physical, mental or social benefits. Whatever your reason, Just Walk Richland!

Connect with us on Meetup: www.meetup.com/JustWalkRichland/

If you are interested in participating in walk groups or future walking movement leader trainings please call the Community Health & Prevention Sciences Division at Richland Public Health, 419-774-4761, or email: snelson@richlandhealth.org For additional information, please see the link on richlandhealth.org; http://richlandhealth.org/my-community/just-walk-richland

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PUBLIC HEALTH NURSING
Health services for people of all ages who are residents of Richland County. Services are provided through our on-site clinic, in the community and through our home visits.

<table>
<thead>
<tr>
<th>Public Health Clinic</th>
<th>May</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immunizations (visits/includes TB)</td>
<td>356</td>
<td>1590</td>
</tr>
<tr>
<td>International Travel (visits/consults)</td>
<td>29</td>
<td>74</td>
</tr>
<tr>
<td>STI/HIV Testing</td>
<td>9</td>
<td>22</td>
</tr>
<tr>
<td>Total Visits</td>
<td>246</td>
<td>995</td>
</tr>
</tbody>
</table>

For Clinic Appointments for child, adult, travel, and shingles vaccine as well as flu shots: call 419-774-4700. Walk-ins are welcome.

<table>
<thead>
<tr>
<th>Public Health Nursing</th>
<th>May</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMH (client visits)</td>
<td>21</td>
<td>123</td>
</tr>
<tr>
<td>Community Health Screenings</td>
<td>72</td>
<td>293</td>
</tr>
<tr>
<td>Influenza Vaccines (Fl Shots)</td>
<td>31</td>
<td>34</td>
</tr>
<tr>
<td>Lead Case Management</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Newborn/Prenatal Home Visits</td>
<td>47</td>
<td>128</td>
</tr>
<tr>
<td>Referrals to Community Agencies</td>
<td>176</td>
<td>707</td>
</tr>
<tr>
<td>Cribettes distributed</td>
<td>5</td>
<td>14</td>
</tr>
<tr>
<td>School Nurses (student care YTD)</td>
<td>1500</td>
<td>4566</td>
</tr>
</tbody>
</table>

COMMUNICABLE DISEASE REPORT

<table>
<thead>
<tr>
<th>Infectious Diseases</th>
<th>May YTD</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gonorrhea</td>
<td>6</td>
<td>61</td>
</tr>
<tr>
<td>Syphilis</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>HIV</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

PUBLIC HEALTH SERVICES MAY

New Participants: 151
Recertifications: 373
Other Contacts: 473
Total Ashland & Richland Counties: 999
Don’t Leave Children Unattended in Cars

Heatstroke (body temperature exceeds 104°) is caused by prolonged exposure to high temperatures. The medical symptoms include dizziness, disorientation, agitation, confusion, sluggishness, seizure, hot dry skin that is flushed but not sweaty, loss of consciousness, rapid heart beat, and hallucinations. A core body temperature of 107° can be lethal.

Heatstroke is a particular problem for children. Their thermoregulatory systems are not as efficient as an adult’s and their body temperatures warm at a rate 3 to 5 times faster than an adult’s.

Children being left in cars is the most common reason for childhood death due to heatstroke. Here’s the number of U.S. heatstroke deaths for children left in cars:

- 2019: 14 (through June 27)
- 2018: 52
- 2017: 43
- 2016: 39
- 2015: 24
- Since 1998 to present: 809

Average per year since 1998: 38 or one every nine days. (see: http://www.noheatstroke.org)

 Sadly, the most common reason for a child death from vehicular heatstroke is the child was “forgotten” by the caregiver.

Temperatures inside a car even on a mild day (70°) can rise as much as 43° in an hour. Cracking the window does little to help. On a very hot day, temperatures of some objects in a car (dashboard) can rise to 200°.

SAFETY FIRST

- Never leave a child unattended in a car; not even for a minute.
- If you see an unattended child in a car, call 9-1-1.
- Be sure that all occupants leave the vehicle when unloading.
- Make “look before you lock” a routine whenever you get out of the car.

Remember: “Beat the Heat; Check the Back Seat.”

If you saw a heat wave, would you wave back?

Stephen Wright

VITAL STATISTICS
The Vital Statistics division maintains records of all births and deaths in Richland County since 1908. For information on obtaining a birth or death certificate, check the website at richlandhealth.org or call 419-774-4500.

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Births (all ages)</th>
<th>Births to Teens</th>
<th>Repeat Births</th>
<th>Total Deaths</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
</table>

Causes of Death

Heart Related........................................... 46 . . . 202
Cancer.................................................... 23 . . . 109
Alzheimers/Dementia.............................. 3 . . . 13
Lung Diseases.......................................... 6 . . . 36
Accidents (drugs/falls/crashes)............... 5 . . . 32
Flu/Pneumonia......................................... 3 . . . 26
Strokes/CVA............................................ 7 . . . 26
Renal/Kidney........................................... 4 . . . 18
Parkinson’s Disease............................... 0 . . . 0
Suicides.................................................. 0 . . . 0
Homicides.............................................. 0 . . . 0
Deaths Pending Autopsy............................. 4 . . . 5
Other (not listed above)......................... 15 . . . 64

Infant Mortality: Richland County

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Births (all ages)</th>
<th>Births to Teens</th>
<th>Repeat Births*</th>
<th>Total Deaths</th>
<th>Male</th>
<th>Female</th>
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</table>

Infant mortality is defined as the death of a baby before his or her first birthday. Infant deaths are considered an important indicator of the overall health of a society. Deaths to residents occurring outside of Richland County are not reflected in county death statistics. KNOW the SAFE SLEEP ABCs: Alone, on Back, in a Crib.

VITAL STATISTICS

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Calling the Health Department

Main Number ......................................... 419-774-4500
Public Health Clinic............................... 419-774-4700
Public Health Nursing............................ 419-774-4540
Environmental Health............................. 419-774-4520
Community Health Sciences..................... 419-774-4761
WIC................................................... 419-774-4560

Richland Public Health is an equal opportunity employer/provider of services.