



# Clinton County Health Department

133 Margaret Street, Plattsburgh, New York 12901-2926

**“Working Together for a Healthier Community”**

[www.clintonhealth.org](http://www.clintonhealth.org)



**Public Health**  
Prevent. Promote. Protect.

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## News Release

Date: June 28, 2018  
For Immediate Release  
Contact: 518-565-4840

### **Extreme Heat: Recommended Precautions**

**PLATTSBURGH, NY June 28, 2018** The Clinton County Health Department (CCHD) is urging residents to prepare for the extreme heat forecasted for this weekend by staying cool, hydrated and informed. High temperatures and heat indexes can pose serious health risks, especially for certain populations. Precautions should be followed to reduce heat-related problems.

“The extreme temperatures anticipated in the upcoming days are concerning because they can lead to very high body temperatures, resulting in heat-related illnesses and even death. While heat safety is important for everyone, certain groups should be extra cautious, including older adults (65+), infants and children, those with chronic medical conditions, those in low income areas, athletes, and those who work outdoors, states Jennifer Trudeau, Principal Public Health Educator at the Clinton County Health Department. Fortunately, heat-related illnesses and deaths are preventable. By keeping yourself informed and following a few simple steps to stay cool and hydrated, you and your family can stay healthy this summer.”

CCHD recommends following these tips to protect yourself and your family when temperatures soar:

- Never leave children or pets inside a parked car, even briefly. Even with the windows cracked a car will quickly heat up to dangerous temperatures. **LOOK** before you **LOCK**.
- Stay in air-conditioned areas as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Drink plenty of fluids *before* you are thirsty, regardless how active you are. Avoid alcohol, caffeine and sugary drinks as they will cause you to lose more body fluid. As you sweat you will need to replenish the fluids your body has lost.
- Stay out of the sun as much as possible. People and pets should limit outdoor activities to the times of the day that are typically cooler (i.e. early morning or evening). Rest often in shady areas.
- Choose lightweight, light-colored and loose-fitting clothing to help keep cool.
- Apply a broad spectrum sunscreen with SPF 15 or higher before heading outside. Sunburns can affect the body’s ability to cool itself down.
- Check on your neighbors, friends and family members, especially the elderly and those without air conditioning.

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“Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations”

For more information about the signs and symptoms of heat-related illnesses and keeping cool in the summer heat, visit [www.cdc.gov/extremeheat](http://www.cdc.gov/extremeheat). Updates on weather conditions are available from the National Weather Service at [www.weather.gov/safety/heat](http://www.weather.gov/safety/heat).

**About the Clinton County Health Department:**

**The Health Department is an accredited full service department serving the residents of Clinton County. The Health Department's Mission is to improve and protect the health, well-being and environment of the people of Clinton County. Visit [www.ClintonHealth.org](http://www.ClintonHealth.org) for more information.**

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