



STATE OF OHIO
Emergency Operations Center
NEWS RELEASE
www.ema.ohio.gov

John R. Kasich, Governor

Emergency Management Agency
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FOR IMMEDIATE RELEASE

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Ohio Joint Information Center, (614) 799-6480

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Ohioans Urged to Continue to Take Precautions Against the Heat

COLUMBUS (July 2, 2012) -- People are strongly urged not to overdo it as they work to clean up debris from weekend storms.

With temperatures expected to be in the 90s for the foreseeable future, Ohio emergency management officials are urging people to stay out of the sun if possible and drink plenty of fluids. People who must be outside are urged to take the following precautions. Especially with power outages, many will not be able to go indoors to cool off.

A list of cooling shelters and emergency shelters are available through your [local Emergency Management Agency](#).

Drink Cool Fluids

- Increase your water intake. Don't wait until you are thirsty before you start drinking water.
- Do not take salt tablets without a physician's advice.
- Avoid beverages that contain alcohol or caffeine, because they can add to dehydration and increase the effects of heat illnesses.

Monitor or Limit Outdoor Activities

- Young children may become preoccupied with outdoor play and not realize they are overheated. Adults should mandate frequent breaks and bring children indoors to cool down and have cool drinks.
- Children or adolescents involved in team sports should be closely monitored for signs of heat stress. Consideration should be given to modifying practice or games during the hottest parts of the day.

Know How to Treat Heat Exhaustion

- Symptoms of heat exhaustion include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or fainting.
- People experiencing these symptoms should be moved to a shady or air-conditioned area. Remove or loosen tight clothing and apply cool, wet clothes or towels.
- Have person sip on a half glass of cool water every 15 minutes. If the person refuses water, vomits or loses consciousness, call 911 or the local emergency number.

Know How to Treat Heat Stroke

- Heat stroke is a life-threatening situation. Call 911 immediately. Symptoms include: 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.
- Before medical help arrives, begin cooling the person by any means possible, such as spraying person with water from a garden hose or by placing the person in a cool tub of water.

NEVER Leave Children or Pets in Vehicles

- Even in cool temperatures, cars can heat up to dangerous temperatures quickly. Even if the windows are cracked open, interior temperatures can rise almost 20 degrees within the first 10 minutes.
- Children or animals left inside a vehicle is at risk for serious heat-related illnesses or even death.
- When traveling with children (even routine drives), remember to do the following:
 - To remind yourself that a child is in the car, place bags, phones or other items you will take with you in the back seat. This will force you to turn around before exiting the car.
 - When leaving your vehicle, check the front and back seats to make sure no sleeping children (or pets) are left in the car.

Residents without power can call their local 211 numbers for information and assistance, or 911 in an emergency. Information is also available online at www.ema.ohio.gov and on Twitter at #OHwx.

Chronology

- July 2: FEMA delivers initial water supplies to counties and other local governments.
- July 1: Another round of severe storms move across Ohio wiping out power to more residents.
- July 1: Members of Ohio National Guard deploy to help check on Ohioans who may be at risk as a result of power outages and extreme heat.
- June 30: Gov. Kasich's request for federal assistance is approved.
- June 30: Gov. Kasich spoke to the President and requested federal assistance to respond to the storm. He also spoke with utility company CEOs and local elected officials to make state resources available to expedite recovery activities.
- June 30: Gov. Kasich declared an emergency for the entire state of Ohio so state agencies can assist local government response and recovery efforts. The National Guard was activated to help deliver needed supplies and conduct door-to-door checks in select areas to identify vulnerable Ohioans threatened by the severe heat.
- June 29: Ohio's Emergency Operations Center in Columbus was activated to coordinate state and local storm recovery efforts. The state contacted Federal Emergency Management Agency officials to let them know federal assistance may be needed.

- June 29: Severe storms and high winds during evening rush hour knocked out power for approximately one million homes and businesses across two-thirds of the state.

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For additional information on how to beat the heat, go to the Ohio Committee for Severe Weather Awareness website: www.weathersafety.ohio.gov or the Federal Emergency Management Agency website: www.fema.gov/areyouready/heat.shtm, or the Ohio Department of Health website: www.odh.ohio.gov.