



News From

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Monroe County Executive

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DINOLFO ADVISES RESIDENTS TO STAY SAFE IN WARM TEMPERATURES

Hot Summer Weather Forecasted

With temperatures expected to rise into the 90's and humidity rising as well, County Executive **Cheryl Dinolfo** reminds residents to exercise caution.

*"While we have all been enjoying the beautiful summer weather, it is important to keep in mind that health risks can occur due to excess heat," said **Dinolfo**. "Simple steps such as keeping cool, staying hydrated and avoiding direct sunlight can help to reduce the risks of heat related illness throughout the summer when temperatures rise."*

*"Heat related illness is potentially serious and with proper precautions can be preventable," said Interim Health Commissioner **Dr. Michael Mendoza**. "It is important to stay hydrated and alert to the early signs of illness, including muscle cramps, heavy sweating, weakness and ironically, feeling cold. It is important to take action immediately if there is concern for heat related illness."*

Residents can minimize the risks from the heat by following some simple steps such as:

- **Slow Down.** Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with specific health concerns should attempt to stay in shaded areas while outdoors.
- **Stay hydrated.** Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Avoid alcoholic or caffeinated beverages as they can have dehydrating factors. Persons who have epilepsy or heart, kidney or liver disease, are on fluid restricted diets or have a problem with fluid consumption should consult a physician before increasing their consumption of fluids.
- **During excess heat periods, spend more time in temperature-controlled areas.** Air conditioning in homes and other buildings reduces danger from the heat. If you do not have access to an air conditioner, go to a library, store or other location with air conditioning for part of the day.
- **Apply sunscreen frequently.** Sunburn reduces your body's ability to dissipate heat.
- **Check on elderly neighbors or others who may be homebound.** Anyone is at risk for illness as temperature climb, but especially at risk are seniors, infants, and anyone who lives alone. Now more than ever, this is a time for us to reach out to our neighbors and loved ones to ensure everyone's health and well-being.

For additional heat safety tips and precautions go to the National Weather Service Heat Safety Page:
www.weather.gov/om/heat/index.shtml

For a list of cooling centers in Monroe County visit the New York State Department of Health Page:
<https://www.health.ny.gov/environmental/weather/cooling/>

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