

NEWS RELEASE

Logan County Health District  
310 S Main Street  
Bellefontaine OH 43311

July 23, 2010

FOR IMMEDIATE RELEASE  
HEAT ADVISORY ISSUED

The National Weather Service has issued a Heat Advisory for Friday, July 23, 2010.

The Heat Advisory has been issued because high temperature and adverse weather conditions that may place individuals at increased health risk are expected.

“These conditions make it necessary for residents to have heightened awareness of the danger and risk associated with heat exposure,” stated Logan County Health District Health Commissioner Dr. Boyd Hoddinott.

The Health District recommends that everyone pay particular attention to the following suggestions:

**WEAR LOOSE FITTING AND LIGHT COLORED CLOTHING.**

**DRINK PLENTY OF NON-ALCOHOLIC BEVERAGES TO PREVENT DEHYDRATION. EAT LIGHT MEALS.**

**AVOID STRENUOUS ACTIVITIES DURING THE HOTTEST PART OF THE DAY, WHICH IS TYPICALLY BETWEEN 1:00 AND 6:00 PM.**

**REMEMBER THAT THE ELDERLY, THE INFIRM AND THE VERY YOUNG ARE MOST SUSCEPTIBLE TO HEAT RELATED HEALTH PROBLEMS. BE SURE TO CHECK ON YOUR ELDERLY NEIGHBORS AND RELATIVES.**

**MAKE PROVISIONS FOR PETS AND ANIMALS BY INSURING THAT THEY HAVE PLENTY OF COOL WATER TO DRINK AND SHADE IN WHICH TO REST.**

**NEVER LEAVE A CHILD OR ANIMAL UNATTENDED IN A VEHICLE FOR ANY LENGTH OF TIME, ESPECIALLY ON A HOT DAY. DURING THE SUMMER, VEHICLES CAN BECOME DANGEROUSLY HOT, EVEN IF THE WINDOWS ARE LEFT OPEN.**