



ST. JOSEPH COUNTY
DEPARTMENT OF HEALTH
Prevent. Promote. Protect.

St. Joseph County Department of Health

"Promoting physical and mental health and facilitating the prevention of disease, injury and disability for all St. Joseph County residents"

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Heat-Related Illness and Holiday Safety Guidance

With temperatures predicted in the 90's over the next several weeks, the St. Joseph County Department of Health would like to remind families that hot weather can be dangerous, especially for those 65 and older. Older adults and infants do not adjust well to hot temperatures and are at particular risk for heat-related illnesses. Seek medical care immediately if you see any symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Here are some tips to prevent heat-related illnesses:

- Stay in air-conditioned buildings as much as possible
- Drink more water than usual, even if you don't feel thirsty
- Try not to use the stove or oven to cook
- Wear loose, lightweight, and light-colored clothing
- Avoid strenuous exercise in extreme heat
- Take cool showers or baths
- Never leave infants or children in a parked car
- Make sure to check on your friends and neighbors

Fireworks are a staple for Fourth of July celebrations in Michiana. However, they can cause serious injuries if used incorrectly or irresponsibly.

If you are planning on celebrating with fireworks, please review these safety tips:

- Never allow young children to play with or ignite fireworks
- Fireworks should never be used without adult supervision
- Make sure the fireworks that you are using are legal in your area
- Place your firework in an area free of debris, dry brush, and spectators
- Do not place your body over the firework while igniting the fuse
- Immediately after igniting the fuse back up until you are a safe distance away
- Keep a bucket of water or hose close by in case of a fire
- Never try to re-light or pick up fireworks that have not ignited fully
- Before discarding fireworks completely douse it with water from a hose or bucket

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