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Bay County Executive



**BAY COUNTY**  
**Health Department**  
*Creating A Healthy Environment For The Community*

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**NEWS RELEASE**

TO: Area Media Outlets  
FROM: Tracy Metcalfe  
Community Health Educator/Health Analyst  
DATE: July 2, 2012  
RE: **Summer Heat Safety**  
RUN: Immediate Release

With the beginning of summer, many people in Bay County are enjoying outdoor summer activities. The Bay County Health Department (BCHD) is reminding residents to take precautions to keep this summer safe and enjoyable.

To reduce the possibility for adverse health effects caused by heat and humidity, BCHD recommends the following:

1. Always wear and reapply a broad-spectrum sunscreen and lip balm with a minimum SPF 15.
2. Drink plenty of fluids, especially water, while staying away from caffeine and alcohol. Sports drinks are a decent alternative because they not only replenish fluids, but also restore necessary nutrients lost through perspiration.
3. Avoid unnecessary activity, especially between the hours of 11:00 am and 4:00 pm when air temperature is hottest.
4. "Listen" to your body. Excessive sweating, fast or slow heart rates, faintness, nausea, and weakness are all signs that your body is overheating. If you experience some or all of these symptoms, lie down indoors, take a break, and hydrate, or take a cool bath or shower.

Remember, NEVER leave an infant, child, or pet in a car when the weather is hot, even with the windows down. Temperatures within a vehicle rise rapidly and can be extremely dangerous.

For more information, visit the Bay County Health Department website at [www.baycounty-mi.gov/health](http://www.baycounty-mi.gov/health).

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