



Health Officer

608 Oakland Ave. | Elkhart, IN 46516 | 574-523-2105

elkhartcountyhealth.org

Elkhart County Health Department

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Even in this time of the coronavirus pandemic, some aspects of the world go on as before. And some of those aspects hit all of us this past weekend and will continue all this week. I'm talking about the extreme heat and humidity that is part of summer in Indiana. While we all look forward to spending some time outside, I'd like to remind you to do it safely. Here are some tips from the CDC:

1. Stay Hydrated—Drink more fluids, and don't wait until you're thirsty to get a drink. And don't forget to leave extra water for your pets!
2. NEVER LEAVE CHILDREN OR PETS IN CARS, EVEN WITH THE WINDOW CRACKED!! Even for a few minutes—the risk is too significant!
3. Stay Cool Indoors—Stay in air conditioning as much as possible. If you don't have it in your home, remember that taking a cool shower or sponge bath will help.
4. Stay Informed—check on children and elders often to monitor for signs of heat-related illness.
5. Wear Appropriate Clothing—lightweight, loose-fitting, light-colored clothing is best. If you feel a mask is too hot, you can use a face shield.
6. Schedule Outdoor Activities Carefully—try to limit your activities to morning and evening hours, when it's coolest.
7. Pace Yourself—Cut down on exercise during the heat. Take rests that are more frequent in the shade. If exercising, start slow, work up gradually, and stop if you feel lightheaded or weak.
8. Use Sunscreen—sunburn makes it harder for your body to cool itself and make you more dehydrated. Use a sunscreen with SPF of 30 or higher, and re-apply often.

We want everyone to enjoy the outside as much as possible during this time to help decrease the coronavirus spread, but remember these tips to do it safely!

Lydia Mertz, M.D.
Elkhart County Health Officer

Improving the Lives, Health and Environment of our Community



Public Health
Prevent. Promote. Protect.