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CITY OF GARY
HEALTH & HUMAN SERVICES

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Excessive Heat Warning

With dangerously hot temperatures underway this week, the Gary Health Department would like to remind everyone that no matter your age or your ethnicity, none of us are immune to heat exhaustion/heat stroke.

Prolonged exposure to heat can lead to heat stroke which can be life threatening. Pets, children, and the elderly are those at greatest risk of deadly heat exposure going unnoticed and untreated. We encourage our community to stay hydrated, do not leave your vehicles unattended with children and pets, and check on your elderly neighbors.

To prevent heat-associated illness, follow these safety tips:

- Drink water BEFORE you get thirsty to prevent dehydration.**
- Don't rely on fans as your primary source of cooling once the temperature gets higher than 90 degrees.**
- Go indoors frequently to an air-conditioned location to cool your core body temperature.**
- Wear lightweight clothes.**
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-associated illness like muscle cramps, headaches, vomiting, confusion, no longer sweating, and rapid heart rate.**
- Please check on your neighbors, especially the elderly and those that are living alone.**

If you or someone you know is in need of immediate assistance, PLEASE call 911 immediately.

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