



News from Livingston County, NY

FOR IMMEDIATE RELEASE

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Residents Warned to Beware of Heat-Related Illness

[June 29, 2018, Mt. Morris, NY] – The Livingston County Department of Health is warning residents to take precautions against heat-related illness as the heat wave emerges this week.

With temperatures climbing high and continuing to rise this week, residents are urged to take extreme care to protect themselves and their loved ones from heat exhaustion and heat stroke. Populations especially at risk include young children, the elderly, and people who are already ill. Symptoms of heat exhaustion may vary, but often include:

- Heavy sweating
- Tiredness, weakness, or dizziness
- Muscle cramps
- Nausea or vomiting
- Fainting
- Fast and shallow breathing
- Fast and weak pulse

If you or someone you know experience these symptoms seek immediate relief. Help the victim to cool off by drinking cool beverages, resting in an air-conditioned environment, or

taking a cool shower. If heat exhaustion is not treated it may progress to heat stroke. Seek medical attention immediately if any of the following occur:

- Symptoms are severe
- The victim has heart problems or high blood pressure

Residents are reminded that cooling stations have been set up for people to escape from the heat and are listed below. Please call the cooling station before you go.

- Avon Village Hall, 74 Genesee St, Avon, 14414, 585-226-8118
- Emergency Management Training Center, 4389 Gypsy Ln, Mount Morris, 14510, 585-243-7160
- Government Center, 6 Court St, Geneseo, 14454, 585-243-7000
- J W Jones Hall, 366 Leicester Rd, Caledonia, 14423, 585-538-4626
- Lakeville Training Grounds, 5939 Stone Hill Rd, Lakeville, 14480, 585-346-5733

For more information, contact the Livingston County Department of Health during business hours at 243-7299, the Sheriff's Office during non-business hours at 243-7100 or visit our website www.livingstoncounty.us/doh.htm.

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