Cleveland prepares for the heat. CLEVELAND – With forecasters predicting temperatures above 90 degrees, the City of Cleveland has activated its heat preparedness plan. City of Cleveland residents can beat the heat in any of the 12 designated recreation centers (click here for a list) from 12:00 noon - 8:00 pm. In addition, city outdoor pools are open today from 12 noon - 8:00 pm. Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:

• Infants and young children;

• People aged 65 or older;

• People who have a mental illness; and

• Those who are physically ill, especially with heart disease or high blood pressure.

• Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

All residents can beat the heat by following these important tips from the Ohio Department of Health and the Ohio Emergency Management Agency:

Drink Cool (not icy cold) Fluids

• Active people should drink 2-4 glasses (16-32 ounces) of cool, non-alcoholic fluids every hour. Drinking water is best.

• Do not take salt tablets without a physician’s advice.

• Avoid beverages that contain alcohol or caffeine, because they can add to dehydration and

increase the effects of heat illnesses.

Monitor or Limit Outdoor Activities

• Young children may become preoccupied with outdoor play and not realize they are overheated. Adults should mandate frequent breaks and bring children indoors to cool down and have cool drinks.

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• Children or adolescents involved in team sports should be closely monitored for signs of heat stress. Consideration should be given to modifying practice or games during the hottest parts of the day.

Know How to Treat Heat Exhaustion

• Symptoms of heat exhaustion include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or fainting.

• People experiencing these symptoms should be moved to a shady or air-conditioned area. Remove or loosen tight clothing and apply cool, wet clothes or towels.

• Have person sip on a half glass of cool water every 15 minutes. If the person refuses water, vomits or loses consciousness, call 911 or the local emergency number.

Know How to Treat Heat Stroke

• Heat stroke is a life-threatening situation. Call 911 immediately. Symptoms include: a body temperature of 103 degrees or higher, red, hot and dry skin with no sweating, rapid pulse, headache, dizziness, nausea, confusion, unconsciousness, and gray skin color.

• Before medical help arrives, begin cooling the person by any means possible, such as spraying person with water from a garden hose or by placing the person in a cool tub of water.

NEVER Leave Children or Pets in Vehicles

• Even in cool temperatures, cars can heat up to dangerous temperatures quickly. Even if the windows are cracked open, interior temperatures can rise almost 20 degrees within the first 10 minutes.

• Children or animals left inside a vehicle is at risk for serious heat-related illnesses or even death.

• When traveling with children (even routine drives), remember to do the following:

• To remind yourself that a child is in the car, place bags, phones or other items you will take

with you in the back seat. This will force you to turn around before exiting the car.

• When leaving your vehicle, check the front and back seats to make sure no sleeping children (or pets) are left in the car.