



HEAT & POWER OUTAGE FACT SHEET FOR OHIO RESIDENTS

Take care to stay cool and healthy while your power is out. Do not assume it will come back on tomorrow. You should make arrangements for the next several days. **In an emergency, dial 911.**

You can suffer heat-related illnesses such as heat stroke and heat exhaustion when the body's temperature-control system is overloaded. Sweating is your body's natural way of cooling itself. In some situations, especially in periods of high humidity, sweating alone will not provide an adequate release of body heat. People aged 65 years or older are especially at risk because they are less likely to sense and respond to changes in temperature.

When it is hot:

- Drink more fluids (nonalcoholic, non-caffeinated), regardless of your activity level. Don't wait until you're thirsty to drink.
- Stay in air-conditioned buildings as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local Emergency Management Agency to see if there are any heat-relief shelters in your area.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.

- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

The heat can make you sick. Look for these signs and call 911 if you are experiencing any of them:

- Symptoms of heat exhaustion are: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or fainting. People experiencing these symptoms should be moved to a cool, shady or air-conditioned area, and provided cool, non-alcoholic beverages.
- Heat stroke is a potentially life-threatening condition, 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.

Spoiled Food

Food from the refrigerator should be thrown out if the power is out more than four hours. Never taste food to determine its safety; appearance and odor are not indicators of food safety. Keep the door closed as much as possible.

If the power is out for longer than two hours, follow the guidelines below:

- Throw away any perishable food (such as meat, poultry, fish, eggs, and leftovers) that have been above 40 °F for over 2 hours.
- For the refrigerator: Pack milk, other dairy products, meat, fish, eggs, gravy, and spoilable leftovers into a cooler surrounded by ice. Inexpensive styrofoam coolers are fine for this purpose.
- A freezer that is half full will hold food safely for up to 24 hours. A full freezer will hold food safely for 48 hours. Do not open the freezer door if you can avoid it.