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**FOR IMMEDIATE RELEASE**

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**OZONE ADVISORY ISSUED FOR JUNE 26  
Residents Urged to Take Precautions Against Heat Stress**

The Westchester County Department of Health is alerting residents that an Ozone Health Advisory has been issued today for all of New York State.

During an Ozone Health Advisory, the Westchester County Department of Health recommends that residents limit strenuous outdoor physical activity, such as jogging, ball-playing and running during the afternoon and early evening hours when ozone levels are highest. People with existing respiratory ailments may be especially sensitive to the effects of ozone and should limit all outdoor exercise and physical exertion when ozone levels are elevated. Young children and elderly persons are also susceptible. It is helpful to remain in an air-conditioned location. Individuals experiencing symptoms such as shortness of breath, chest pain or coughing should consult their doctor or seek medical attention immediately.

Ozone irritates the respiratory system and may cause decreased lung function. Air pollution containing ozone is commonly known as smog and is created in the presence of sunlight by reactions of chemicals found in gasoline vapors and emissions from cars and industrial smoke stacks. Ozone levels generally decrease at night and can be minimized during daylight hours by curtailment of automobile travel and the use of public transportation where available.

To help residents cope with soaring temperatures, the Health Department offers a 24-hour "Stay Cool" information line, (914) 813-5620, which provides tips on how to stay cool in the summer heat and identifies places in the community where residents can go to beat the heat. Residents can stay informed about current

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ozone conditions by calling the New York State Department of Environmental Conservation Ozone Hotline at 1-800-535-1345. Advisories are also posted on the DEC website, [www.dec.state.ny.us](http://www.dec.state.ny.us).

"High humidity and crowded living conditions can increase the danger for heat stress, especially among the elderly, small children and those with chronic health problems whose bodies may not be able to stand the strain," said Dr. Joshua Lipsman, Westchester County Commissioner of Health. "During the summer months, it's important to be aware of how your body is reacting to the heat. The first signs of heat stress can be mild and may go unnoticed. As the heat increases, you may experience general discomfort, lack of energy and a loss of appetite -- all are warning signs to take precautions against further strain from the heat," he warned.

There are other warning indications of increasing heat stress that require immediate action. They include rapid heartbeat, a throbbing headache, dry skin, no visible sweating, extreme weakness, mental changes, dizziness, diarrhea, nausea, chest pains, vomiting, cramps and breathing problems. If you experience any of these signs of physical distress, call your doctor or seek medical attention immediately.

It is best to take protective action before falling victim to the heat. Try to spend as much time as you can in pleasant surroundings - a cool room in your home, an air-conditioned mall, a senior citizen center, the public library or a movie theater. Fans can also provide good indoor circulation, and cool baths or showers offer excellent relief from the heat.

The Westchester County Department of Health recommends that you protect yourself against heat stress by wearing loose-fitting, lightweight clothing; drinking a lot of water and avoiding hot foods, heavy meals and alcohol. If you have to be out in the sun, wear a wide-brimmed hat. And remember, physical activity generates body heat, so slow down and take it easy as the temperature rises.

For further information on heat stress, contact the Westchester County Department of Health at (914) 813-5000 or visit [www.westchestergov.com/health](http://www.westchestergov.com/health).