

# BEAT THE HEAT

July is the hottest month of the year in Otter Tail County — and one of the busiest. Lakes, trails, and parks draw visitors from across the region. Whether you're a year-round resident or here for the weekend, knowing how to stay safe is the best way to enjoy lake country.



## SEASONAL HAZARDS

### Extreme Heat

Heat index values can top 100 degrees. Limit outdoor activity during the hottest parts of the day — typically between 10:00 a.m. and 4:00 p.m.

### Fireworks and Fire Risk

Dry conditions make fires spread fast. Follow all local fireworks ordinances. Never use fireworks near dry grass, docks, or wooded areas. Keep a bucket of water near campfires.

### Water Safety

Always wear a life jacket. Thunderstorms can develop quickly over lakes. Get off the water at the first sign of lightning.



## TIP OF THE MONTH

### Heat Illness — Know the Warning Signs

#### *Heat Exhaustion vs. Heat Stroke*

Older adults, young children, and people with chronic illness are most at risk. Check on neighbors and family members who live alone or without air conditioning. Never leave children or pets in a parked vehicle — even for a few minutes.

#### HEAT EXHAUSTION

##### Signs

Heavy sweating, cold or pale skin, fast/weak pulse, nausea, dizziness.

##### What to do

Move to a cool place. Loosen clothing. Apply cool, wet cloths. Sip water.



#### HEAT STROKE — CALL 911

##### Signs

Hot/red skin, rapid pulse, confusion, or loss of consciousness.

##### What to do

Call 911. Move to a cool place. Apply cool, wet cloths. Do not give fluids.

Heat stroke is a medical emergency.

## DID YOU KNOW?

28 fire departments, 10 law enforcement agencies, 7 emergency medical services, and 2 independent rescue squads protect the residents and visitors of Otter Tail County.



Not sure which emergency service serves your address? Visit the Otter Tail County website, [click on the Emergency Service Zones image](#) and then select your location to find out.



## JULY PREPAREDNESS CHECKLIST

### Beat the heat — complete these tasks this month:

- Identify your nearest cool space or air-conditioned space
- Check on older neighbors, relatives, or anyone living alone
- Never leave children or pets in a vehicle — not even briefly
- Wear light-colored, loose-fitting clothing outdoors
- Schedule outdoor work and exercise for early morning or evening
- Confirm your Smart911 profile is current and up to date



## STAY INFORMED

### Know the Difference



#### Heat Advisory

It will be hot, but not extreme. Consider postponing outdoor activities. Drink water, take breaks in shade, and stay cool.



#### Extreme Heat Watch

Extreme heat is possible. Cancel outdoor plans and locate your nearest cool place in case you need it.



#### Extreme Heat Warning

Avoid outdoor activities during peak heat. Stay indoors in air conditioning, drink plenty of water, and check on family and neighbors.



**Smart911™**

- ✓ Location-specific alerts for your home, workplace, and other saved locations
- ✓ Multiple notification methods — call, text, and email — so you never miss a warning

*If you haven't signed up, July is the time!*

[ottertailcounty.gov/smart911](http://ottertailcounty.gov/smart911)