

# HOT WEATHER TIPS TO HELP YOU KEEP YOUR COOL



## If a heat wave is forecast or happening:

- Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is typically between 4:00 a.m. and 7:00 a.m.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools your body.

-Wear lightweight, light-colored clothing.

-Drink plenty of water regularly and often. Your body needs water to keep cool. Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine; this is especially true of beer, which dehydrates the body.

## Symptoms of heat emergencies:

- Heat exhaustion: Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.
- Heat stroke: Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high-- as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry.

## Hot weather terms to know

- Heat wave: Prolonged period of excessive heat and humidity.
- Heat index: A number in degrees Fahrenheit (F) that tells how hot it really feels when relative humidity is factored into the actual air temperature. Exposure to full sunshine can increase the heat index by 15 degrees F.
- Heat exhaustion: Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs, which results in a form of mild shock. If not treated, the victim may suffer heat stroke.
- Heat stroke/sunstroke: Heat stroke is life-threatening. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

## Treatment of heat emergencies:

- Heat exhaustion: Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give cool water to drink. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.
- Heat stroke: Heat stroke is a life-threatening situation. Help is needed fast. Call 9-1-1 and move the person to a cooler place. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.