

## Heat Wave Safety Tips

- **Slow down.** Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- **Dress for summer.** Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- **Put less fuel on your inner fires.** Foods (like proteins) that increase metabolic heat production also increase water loss.
- **Drink plenty of water or other non-alcohol fluids.** Your body needs water to keep cool.
- **Drink plenty** of fluids even if you don't feel thirsty. Persons who (1) have epilepsy or heart kidney, or liver disease, (2) are on fluid restrictive diets or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids.
- **Do not drink alcoholic beverages.**
- **Do not take salt tablets unless specified by a physician.** Persons on salt restrictive diets should consult a physician before increasing their salt intake.
- **Spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air conditioned environment affords some protection.
- **Check on the elderly, disabled and very young** to see if they need assistance in getting enough fluids or cooled off.
- **Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.**

<b>Know These Heat Disorder Symptoms</b>		
<b>HEAT</b>	<b>DISORDER SYMPTOMS</b>	<b>FIRST AID</b>
SUNBURN	Redness and pain, cases swelling of skin, blisters, fever, headaches	Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious extensive cases should be seen by a physician.
HEAT CRAMPS	Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating	Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention
HEAT EXHAUSTION	Heavy sweating, weakness, skin cold, pale and clammy Pulse thready. Normal temperature possible. Fainting and vomiting	Get victim out of sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned room. Sips of water. If nausea occurs discontinue use. If vomiting continues, seek immediate medical attention
HEAT STROKE	High body temperature(106F or higher) Hot dry skin. Rapid and strong pulse. Possible unconsciousness	HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids