Beat the Heat!

Beating the heat can be challenging when temperatures approach 100°F.

• Stay inside during the hottest hours of the day - mid morning to mid afternoon.
• Dress lightly.
• Drink plenty of water and other fluids - at least a gallon of liquid per day, preferably water.
• Avoid drinking alcohol and beverages that are carbonated or contain caffeine when temperatures are high, as they can lead to dehydration.
• Try to stay in relatively cool areas, even when outside. Many public places, such as libraries, shopping malls and movie theatres, are air conditioned.
• Keep blinds and curtains closed from morning until the late afternoon to block extra direct heat from sunlight.
• Move your exercise routine to early morning or later in the evening. Be aware of the heat. Pay attention to it and modify your activities appropriately.
• Never leave your children or pets in the car while you run a quick errand. Animals and children succumb to heat exposure and death very quickly in a hot car.
• Properly supervise children during outdoor play, being sure to monitor them closely and frequently.
• Watch for and avoid metal playgrounds. Metal playground equipment, like slides, can burn children.
• Seek medical care right away if you become nauseous, start vomiting or experience cramps.
• Use a fan. Place the fan so that it blows in the room and pushes hot air out the window.
• Use small appliances like slow cookers and tabletop grills rather than your traditional oven or stove to keep kitchen heat to a minimum.
• Verify that seat belts and car seat restraints are not too hot before buckling yourself or anyone else into a car.

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Recognizing Heat-Related Health Problems

It’s important to recognize the signs of heat exhaustion and heat exposure. Signs of Heat Exhaustion come first, followed by Heat Stroke.

Heat Exhaustion Symptoms

• Breathing that is shallow and fast
• Clammy skin
• Dizziness
• Dry mouth
• Excessive sweating
• Fainting
• Headache
• Loss of color in skin

• Nausea
• Pale complexion
• Pulse that is fast and weak
• Skin that feels moist and cool (when touched)
• Sweating
• Tiredness
• Vomiting