

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.



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

