

Safety Tips for Hot Weather

When taking medications, you may be more subject to overheating.

Elderly individuals, young children or people with chronic health conditions may also be more vulnerable to effects of heat and humidity. Here are some general tips that you can use to stay safe in the summer heat:

How to stay cool:

- ◆ Avoid staying in the sun, especially during the hottest times of the day.
- ◆ Use sunscreen and protect your face from the sun when you must go out.
- ◆ Drink lots of cold fluids (water is best) avoid alcohol, coffee and soft drinks with caffeine.
- ◆ Wear light-colored, lightweight, loose-fitting clothes.
- ◆ Keep cool with a fan or air conditioner.
- ◆ Take cool baths, showers or sponge baths frequently to cool off.
- ◆ Eat smaller meals.
- ◆ Avoid vigorous activity and outdoor exercise. Drink plenty of water before, during and after exertion.
- ◆ Use window shades to block out direct sun that will heat up your house or apartment, but do not block air circulation.
- ◆ Do not use salt tablets unless they are prescribed for you by your doctor.

Places to go to get out of the heat:

- ◆ Homes of friends with air conditioners
- ◆ Homes of family who have air conditioning
- ◆ Air-conditioned stores
- ◆ Malls
- ◆ Theaters
- ◆ Public Buildings

During heat emergencies:

- ◆ The American Red Cross will open cooling sites if needed.
- ◆ Jeremy House is a 24-hour cooling site for vulnerable adults with disabilities.
- ◆ Hebron House is a 24-hour cooling site for vulnerable adults and their children.

Some signs of heat related illness:

- ◆ Dizziness or light-headedness
- ◆ Nausea
- ◆ Rapid pulse
- ◆ Muscle cramps
- ◆ Weakness or fatigue
- ◆ Confusion
- ◆ Dry, hot, red skin

What to do if you have symptoms of heat related illness:

- ◆ Cool off immediately
- ◆ Get out of the sun
- ◆ Use cold water to reduce temperature
- ◆ Call for **HELP**

If you have symptoms or medical questions, call your doctor.

IN AN EMERGENCY CALL 911

If you have questions:

211 First Call for Help is available to answer questions about coping with the heat or heat-related symptoms.

**FIRST CALL FOR HELP
211 OR (262-547-3388)**