

Tips for Extreme Heat

- ☺ Stay indoors as much as possible and limit exposure to the sun.
- ☺ Stay on the lowest floor out of the sunshine if air conditioning is not available.
- ☺ Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- ☺ Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities.
- ☺ Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- ☺ Drink plenty of water. Persons who are on fluid-restricted diets or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- ☺ Limit intake of alcoholic beverages.
- ☺ Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- ☺ Protect face and head by wearing a wide-brimmed hat.
- ☺ Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- ☺ **NEVER** leave children or pets alone in vehicles - even for "a minute." Temperatures inside vehicles can rapidly reach life-threatening levels...even with windows partially open.
- ☺ Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

Be Smart & Stay Cool!