

HEAT WAVE

IF A HEAT WAVE IS PREDICTED HERE ARE SOME TIPS TO FOLLOW:

1. Slow Down.
2. Avoid Strenuous Activity. If you must do strenuous activity, do it early
3. Stay indoors as much as possible. If air conditioning is not available to you, stay on the lowest floor of the house and out of the sunshine. Try going to a public building with air conditioning for several hours each day.

Weary lightweight, light colored clothing
Drink plenty of water regularly and often
Drink plenty of fluids even if you aren't thirsty
Water is the safest liquid to drink during a heat emergency
Eat small meals and eat more often
Avoid using salt tablets unless directed by a doctor

Signs you are having a heat emergency:

- * Heat Exhaustion
 - * cool, moist, pale or flushed skin
 - * heavy sweating
 - * headache
 - * nausea or vomiting
 - * dizziness
 - * exhaustion
- body temperature will be near normal at this point.

Treatment of Heat Emergencies:

- * **Heat cramps:** Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them. When in doubt: CALL 911.
- * **Heat Exhaustion:** Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious give cool water to drink. Make sure the person drinks slowly. Give a half galls of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition. When in doubt: CALL 911.
- * **Heat Stroke:** Heat stroke is a life-threatening situation. Help is needed fast. Call 911. Move the person to a cooler place. Watch for signs of breathing problems.