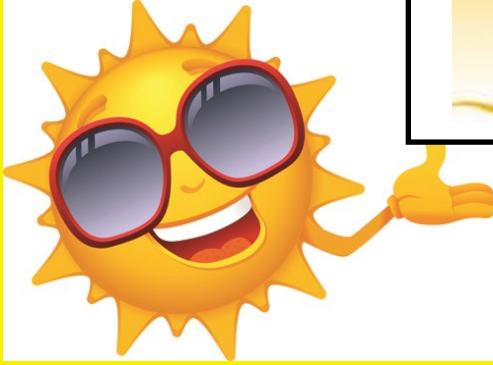


# Summer Heat Safety Tips



## **12 TIPS FOR STAYING COOL**

- Be aware of the heat and modify activities.
- Drink plenty of water at all times.
- Avoid direct sunlight when possible.
- Avoid hot, enclosed places, such as cars.
- Use a fan when available.
- Stay on the lowest floor of the building.
- Eat well-balanced, light and regular meals.
- Wear loose, light and light-color clothing.
- Cover windows to help keep cool air in your home.
- Check the weather stripping and insulation of your home.
- Avoid alcohol in direct heat, as it impairs the body's ability to regulate temperature.

## **8 SIGNS OF HEAT EXPOSURE**

- Heavy sweating
- Pale skin
- Muscle cramps
- Feeling tired and weak
- Confusion or disorientation
- Headache
- Becoming semi-conscious or passing out
- Nausea or vomiting

## **HEAT-INDUCED ILLNESS DETECTED?**

- Call 911
- Get the person out of direct sun and into a cool area. An air-conditioned area is best.
- Apply water to help cool off the person.
- Apply ice to neck or armpits, where large blood vessels are closer to the surface.
- Remove any heavy clothing.
- Immerse the body in cool water if possible. Either a bath tub or swimming pool.

CHECK OUT THE FOLLOWING WEBSITES FOR MORE INFORMATION:

<http://www.srh.noaa.gov/oun/?n=safety-summer-summersafety>

<http://abcnews.go.com/Health/Wellness/safety-tips-staying-cool-preventing-heat-illness-aid/story?id=14119676>