

HOT WEATHER ALERT!

DANGER SIGNS

Hot weather can be dangerous and even deadly. Precautions must be taken to ensure health and safety during our summer months. A person suffering from the heat may not realize it. Be aware of the warning signs of heat related illness which include:

- 🚑 Heat Cramps: Painful muscle contractions, usually in the hamstring muscles.
- 🚑 Heat Exhaustion: Dizziness, fatigue, headache, rapid/weak pulse, pale or clammy skin.
- 🚑 Heatstroke: Hot/dry/flushed skin, high body temperature, rapid heartbeat and confusion.

PREVENTION TIPS

- 💧 Drink plenty of water. Carry a bottle with you when you are away from home.
- 💧 Wear loose fitting cotton clothing, hats with wide brims and carry an umbrella.
- 💧 Check with your doctor. Heat may affect your reaction to certain medications.
- 💧 Keep electric lights low or off, shades drawn, blinds closed and limit oven use.
- 💧 Stay in well-ventilated areas, circulation of air helps you keep cool.
- 💧 Open a window or turn on a fan or air conditioner.
- 💧 Have a friend check up on you at different times of the day when it is very hot.
- 💧 Eat light meals and avoid alcohol and caffeine.
- 💧 Plan ahead so your outside activities are during the coolest part of the day.
- 💧 Avoid unnecessary activity and being in direct sunlight or a hot environment.
- 💧 Take your time. Don't run around in a hurry.
- 💧 Never wait in a car or leave people or pets in the car.
- 💧 Remember, excessive heat exposure can result in illness or death!

**If you need emergency medical services,
call 911 immediately!**