

Personal Extreme Heat Tips

To help keep cool this summer, here are some tips to keep safe in hot weather:

1. **Never leave children, disabled persons, or pets in a parked car - even briefly.**

Temperatures in a car can become life threatening within minutes. On an 80-degree day, the temperature inside a

car even with the windows cracked slightly can reach 100 degrees in less than 10 minutes!

2. **Keep your living space cool or seek shelter at cooling center:** If you have an air conditioner, use it. Cover windows to keep the sun from shining in. If you don't have an air conditioner you should consider going to a community cooling center. If you stay at home, open windows to let air circulate. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body. Basements or ground floors are often cooler than higher floors.
3. **Slow down and limit physical activity.** Plan outings or exertion for the early morning or after dark, when temperatures are cooler.
4. **Drink plenty of water and eat lightly.** Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.
5. **Wear lightweight, loose-fitting, light-colored clothing.** Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
6. **Don't stop taking medication unless your doctor says you should.** Take extra care to stay cool, and ask your doctor or pharmacist for any special heat advice.
7. **Taking a cool shower or bath will cool you down.** A shower or bath will actually work faster than air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.

