

HOT WEATHER INFORMATION

Extreme heat and humidity can be dangerous to anyone. The most at risk are pregnant women, infants, young children, the elderly, persons with chronic illnesses or disabilities and heat exposed workers or athletes. Pets and livestock are also at risk.

COMMON SENSE TIPS FOR HANDLING THE HEAT

- Drink lots of water
- Avoid alcoholic beverages and those with caffeine
- Wear light, loose fitting clothing; don't wear heavy, dark clothing
- Avoid going out in the hottest part of the day
- Sit with feet in cool water
- Eat light, cool, easy-to-digest foods such as fruit or salads; avoid eating heavy foods that are hard to digest
- Avoid physical exertion
- Don't let a portable electric fan constantly blow on you when the room temperature is hotter than 90 degrees – this can lead to rapid dehydration
- Stay in an air conditioned location if at all possible, this may be a public building such as a library or mall
- If outdoors, take frequent short breaks in shaded area

SYMPTOMS OF HEAT EXHAUSTION

- Headaches, dizziness or lightheadedness
- Weakness
- Upset stomach or vomiting
- Confusion
- Fainting
- Pale, clammy skin

A person with these symptoms needs treated quickly. Move the victim to a cool place, have them lay down and do not leave them alone. Have them drink cool water, spray cool mist water on them or apply a cool cloth to the back of their neck. Call 911 if they do not feel better in a few minutes.

If the condition worsens it may be heat stroke which is a medical emergency. Call 911. Symptoms include dry pale skin with no sweating. Hot, red skin that looks sunburned and then may lead to confusion and unconsciousness.