

HEAT AWARENESS

ITS NOT JUST HOT, IT'S DANGEROUS

Hot temperatures that last for several days can be dangerous to your health. The best way to avoid health problems related to heat is to spend 2 hours per day in an air conditioned setting. Here are some more tips for staying cool & safe this summer!

Be sure to keep kids & pets hydrated with water & do NOT leave them in the vehicle!

Call 211 for questions on:

- Cooling your home
- To locate a cooler location
- Reduced cost air conditioners
- Energy assistance

Medications can be affected by heat! Keep your medications safe:

- Do NOT keep medications in your vehicle or bathroom (hot & humid areas)
- Keep medications in cool places (kitchen, night stand)
- Put refrigerated medications in the back of the fridge after use

Protecting your pets: Pets need to be provided with plenty of cool water and shade. Watch for dehydration in your pets! Dogs & Cats do NOT sweat, they cool off by panting. If your pet begins to experience bloodshot eyes, appear very tired, drool excessively, rapid heartbeat, difficulty breathing seizures, or unusual signs seek out a veterinarian.

How to keep cool:

- Do not use appliances such as washer, dryer, stove & oven during the day
- Keep refrigerator/freezer doors closed-do NOT stand in front with door open to cool off
- Drink cold water ALL day. Stay away from sugary and alcoholic beverages.
- Take cool showers or apply a damp cloth to arms, legs and neck
- Place a frozen bottle of water in front of a fan
- Do NOT sit directly in front of a fan
- Keep windows closed during the day & open at night, if cooler temps
- Place a fan in the window

Seek medical help if exposed to heat for long periods of time and experience:

- Lack of sweating
- Racing heart
- Confusion
- Headache
- Muscle cramps
- Rapid breathing
- Dizziness
- Skin feels cool and moist
- Body temperature over 104 F
- Nausea/vomiting



