



## Suggested Heat Waves Safety Rules:

### During Heat Waves:

Slow down. Reduce activity during the heatwave. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.

Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.

Put less fuel on your inner fires. Foods (like proteins) that increase metabolic heat production also increase water loss.

Do not dry out. Drink plenty of water while the heat wave lasts. Persons who have epilepsy or heart, kidney, or liver disease, or who are on fluid restriction, or who have a problem with fluid retention should consult a physician before increasing their consumption of fluids.

Do not take salt tablets unless specified by a physician. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

Avoid over-exposure and thermal shock during the first critical two or three hot days while you acclimate your body gradually to the hot weather.

Vary your thermal environment. Try to get out of the heat for at least a few hours each day. If you can't do this at home drop in to a cool store, restaurant, or theater to keep your exposure time down.

Cool or at least ventilate your home; avoid enclosed rooms. Moving air, even if not cooled, helps cool you by evaporating your sweat.

Do not get too much sun. Sunburn hurts the body's ability to cool itself.

Avoid alcoholic beverages and caffeine. They interfere with your body's ability to cool itself.

Care for pets and livestock. Make sure they have food and plenty of water. They also should have a shady, open place to rest.

### Signs of Heat Stress:

Heat Cramps are defined as muscular pains and spasms due to heavy exertion that usually occur in the abdomen or legs. Get the person to a cooler place and lay down in a comfortable position. Give them a half glass of water (no alcohol or caffeinated drinks) every 15 minutes to drink. Lightly stretch the affected muscle.

Heat exhaustion occurs typically during heavy exertion in a warm, humid place when body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to vital organs to drop. A mild form of shock results. If not treated, the victim's condition will get worse. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke (also called Sunstroke) is a threat to life. The victim's heat control mechanism (which controls sweating) stops working and the victim's temperature can rise so high that brain damage and death may occur if the body is not cooled quickly. Help is needed fast. Call 911. Move the person to a cooler place. Act



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quickly to cool the body by immersing the victim in a cool bath or wrap wet sheets around the body. Watch for signs of breathing problems. Keep the person lying down and continue to cool them any way you can. Give them a half glass of water (no alcohol or caffeinated drinks) every 15 minutes to drink. Until help arrives, have the victim rest in a comfortable position and watch carefully for changes in their condition.