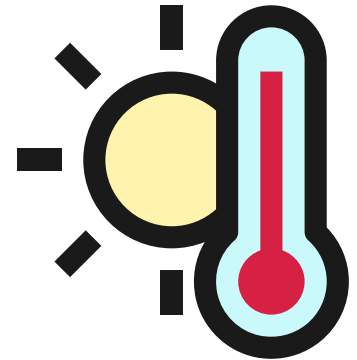


Heat Stroke Prevention

When it is extremely hot outside, make sure to:



1.

Stay hydrated

- o Avoid sugary drinks and alcohol
- o Don't wait until you are thirsty to drink

Stay cool

- o Wear light clothes
- o Take showers to cool down
- o Avoid cooking
- o Stay in air conditioning if possible, go to mall or library if not

2.

Stay safe

- o Don't exercise in the heat
- o Seek shade, avoid direct sunlight
- o Go outside when it is cooler, in the early morning or evening,
- o Don't ignore the warning signs for heat exhaustion

3.

Monitor those at higher risk:

Infants

Young children

Age 65 or older

Those who are ill

Those who are in bed

Monitor for heat exhaustion

- | | |
|-----------------------------|---------------------------|
| o Thirst/dehydration | o Stomach cramps |
| o Irritable or grouchy | o Increased sweating or |
| o Dizziness | o Cold clammy skin |
| o Lack coordination | o Muscle cramps |
| o Unusual fatigue/tiredness | o Unusual ankle/leg edema |
| o Nausea and vomiting | o Dark, smelly urine |

Know that heat stroke is a medical emergency!

During a heat wave, if you experience or see somebody experience:

- | | |
|---------------------|--------------------|
| o High fever | o Racing heart |
| o Confusion or coma | o Red and dry skin |
| o Nausea & vomiting | o Muscle weakness |

Call 9-1-1 right away!

