

PROTECT YOUR HEALTH WHEN TEMPERATURES ARE EXTREMELY HIGH



Drink Plenty of Fluids

- **Don't wait** until you are thirsty to drink.
- During heavy exercise in a hot environment, drink two to four glasses of cool fluids each hour.
- **WARNING!** If your doctor limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.
- **Avoid** drinking liquids with alcohol, or large amounts of sugar, and very cold drinks, because they can cause stomach cramps.





Replace Salt and Minerals

- If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour.
- Sports beverages can replace the salt and minerals you lose in sweat.
- If you are on a low-salt diet, **talk with your doctor** before drinking a sports beverage or taking salt tablets.

Wear Appropriate Clothing and Sunscreen

- Choose **lightweight, light-colored, loose-fitting** clothing.
- If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed **hat**, along with **sunglasses**, and by putting on **sunscreen** of SPF or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.



Schedule Outdoor Activities Carefully

- If you must be outdoors, try to limit your outdoor activity to **morning and evening hours.**
- Try to **rest** often in **shady areas** so that your body's thermostat will have a chance to recover.





Pace Yourself

- **Start slowly** and pick up the pace gradually.
- If the exertion in the heat makes your heart pound and leaves you gasping for breath, **STOP** all activity. Get into a cool area, or at least the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Stay Cool Indoors

- Stay indoors and, if at all possible, stay in an air-conditioned place.
- Take a cool shower or bath.
- Use your stove and oven less to maintain a cooler temperature in your home.



Use a Buddy System

- When working in heat, monitor the condition of your co-workers, and have someone do the same for you.
- If you are **65 years of age or older**, have a friend or relative call to check on you twice a day during a heat wave.



Monitor Those at High Risk

- Infants and young children
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are physically ill, i.e. heart disease or high blood pressure, or who take certain medications, i.e. depression, insomnia, or poor circulation

Help to regulate their environments and provide adequate liquids.





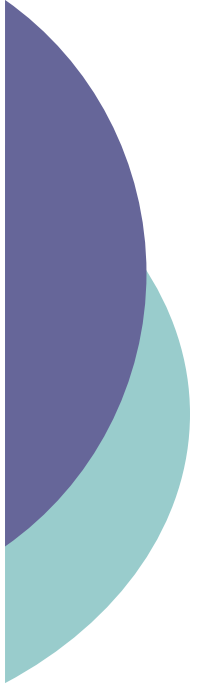
Adjust to the Environment

- Limit your physical activity, if possible, until you become accustomed to the heat.
- If you travel to a hotter climate, allow several days to become acclimated before attempting any vigorous exercise, and work up to it gradually!

Do Not Leave Children in Cars

- **Never** leave infants, children or pets in a parked car, even if the windows are cracked open.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.





**NEVER LEAVE
ANYONE IN A
CLOSED PARKED
VEHICLE**

USE COMMON SENSE

Remember to keep cool and use common sense:

- **Avoid** hot foods and heavy meals
- **Drink** plenty of fluids, and replace salts and minerals in your body
- **Dress** infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella
- **Limit** sun exposure during mid-day hours and in places of potential severe exposure such as beaches
- **Do not leave** infants, children, or pets in a parked car
- **Provide** plenty of fresh water for your pets, and leave the water in a shady area

