



HOT, HOT, HOT!

With temperatures at or near triple digits, it's important to know the signs and symptoms of heat stroke and heat exhaustion. Residents are encouraged to exercise the following precautions to keep themselves or others from overheating.

Be Informed and Stay Alert

Check local news media for extreme heat alerts and advisories. The National Weather Service updates heat-related warnings online at www.weather.gov.

During Periods of Extreme Heat

- Avoid direct sunlight
- Apply high-SPF sunscreen frequently when outdoors
- Stay in air-conditioned buildings
- Wear lightweight, light-colored clothing
- Do not rely on a fan as your primary cooling device as it only recirculates hot air
- Visit your physician to find out if you have a health condition that may be exacerbated by hot weather.
- Children and the elderly are most vulnerable to heat-related illnesses
- Regularly check on elderly neighbors and family

- Pet owners should not leave their animal in the car even for a few minutes when the hot weather arrives. The inside temperature of the car can quickly reach 120 degrees. Pet owners are urged to refrain from leaving animals in the car, even with the windows cracked open.

Stay Hydrated

Because your body loses fluids through sweat, you can quickly become dehydrated during times of extreme heat

- Do not wait until you are thirsty to drink more water
- Avoid alcohol or liquids containing high amounts of sugar or caffeine

What is Heat Exhaustion?

Heat Exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures and is often accompanied by dehydration.

Signs include:

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

It's important to note heat exhaustion isn't as serious as heat stroke, but it isn't something that should be taken lightly. Without proper care, heat exhaustion can progress to heat stroke.

What You Should Do:

- Move to a cooler location
- Lie down and loosen clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- Seek medical attention if you have vomited and it continues

What is Heat Stroke?

Heat stroke results from prolonged exposure to high temperatures, usually in combination with dehydration, which leads to failure of the body's temperature control system.

Signs include:

- High body temperature (above 103 degrees)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do:

- Call 911 immediately - This is a medical emergency
- Move the person to a cooler environment
- Reduce the person's body temperature with cool cloths or even a bath
- Do NOT give fluids. (This can complicate things for first responders)