

Hot Weather Tips

The following tips are recommended for protection against heat-related illnesses during summer and fall months:

Do:

- Drink plenty of fluids.
- Wear loose fitting cotton clothing.
- Wear a hat with a wide brim when exposed to direct sunlight.
- Ask your doctor if you need to make changes to daily medications when exposed to high temperatures.
- Keep electric lights down low or turned off.
- Keep shades drawn and blinds closed, but windows slightly open.
- Take a cool bath or shower periodically.
- Keep in contact with your family and friends.

Don't:

- Perform unnecessary physical activity if you are outside or in a non-air-conditioned building.
- Go out in the heat or direct sunlight whenever possible.
- Eat heavy meals.
- Drink alcoholic beverages, coffee and cola.
- Use your oven.
- Wait in, or leave anyone unattended in, closed cars or other vehicles because heat build-up exceeds tolerance levels very quickly. The result can be serious illness or death.

Common symptoms of heat related conditions include:

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| - Profuse sweating | - Weakness | - Dizziness |
| - Headache | - Dim or blurred vision | - Cold damp skin |
| - Extreme tiredness | - Nausea | - Hot dry skin |

**IF YOU NEED EMERGENCY MEDICAL ATTENTION,
CALL YOUR DOCTOR OR 911 IMMEDIATELY.**