

Hot Weather Safety Tips

Do	Don't
• DO drink lots of water and sport drinks. • DO wear loose fitting, light weight, light colored clothing. • DO check on elderly people. • DO use SPF 15 (or higher) sun block and wear a hat. • DO rest often in shady areas. • DO go to an air conditioning place; such as a shopping mall during severe heat. • DO listen to the news and the public announcements for heat advisories.	• DON'T underestimate the seriousness of heat-related emergencies. • DON'T leave children or pets unattended in a vehicle. • DON'T drink alcoholic or caffeinated beverages. • DON'T stay in the hot weather if you feel sick. • DON'T overexert yourself or work outside without taking breaks. • DON'T hesitate to call EMS and seek medical attention.

Heat-Related Emergencies

Heat Stroke	Heat Exhaustion
• Victim is often confused, disoriented • Skin is often HOT, RED, DRY • Body temperature is VERY HIGH	• Skin is COOL, PALE, MOIST • Body temperature near normal • Heavy sweating • Possible headache, nausea, dizziness, vomiting
What To Do: • Heat stroke is an immediate medical emergency. Call 9-1-1. • Move the victim to a cool location out of the heat. • Place in front of a fan or in an air-conditioned room • Place ice packs under armpits and groin • DO NOT give the victim ANYTHING to eat or drink!!	What To Do: • Call 9-1-1 immediately. • Move the victim to a cool location out of the heat. • Lay victim on his/her back and elevate legs. • Remove/loosen clothing. • Cool victim by fanning or applying cold packs, wet sheets, or towels.

EMERGENCY - EMS, Fire, Police
Dial 9-1-1