



## **Extreme Heat Fact Sheet**

### **To prepare for extreme heat, you should:**

- Install window air conditioners snugly; insulate if necessary
- Check air-conditioning ducts for proper insulation
- Install temporary window reflectors such as aluminium foil-covered cardboard, to reflect heat back outside
- Weather-strip doors and sills to keep cool air in
- Cover windows that receive morning or afternoon sun with drapes, shades, or awnings.

### **Tips for staying cool:**

- During the day, pull the curtains on all windows that are in direct sunlight. Open windows at night and use fans or cross-ventilation.
- Avoid direct sun: Stay indoors during the hottest hours, 11 a.m. to 4 p.m.
- Eat light meals: avoid hot, heavy meals and don't use the oven
- Drink plenty of fluids: Drink plenty of water and fruit or vegetable juice even if you may not feel thirsty. No alcohol, coffee, or tea.
- Dress in loose-fitting, lightweight, and light-colored clothes preferably of natural fabrics like cotton.
- Protect face and head by wearing a wide-brimmed hat.
- Never leave children or pets alone in closed vehicles.
- Eliminate or limit physical activity



## Signs of Heat-Related Problems:

Condition	Symptoms	First Aid
<b>Sunburn</b>	<ul style="list-style-type: none"> <li>• Skin redness and pain Possible swelling</li> <li>• Blisters</li> <li>• Fever</li> <li>• Headaches</li> </ul>	<ul style="list-style-type: none"> <li>• Take shower using soap to remove oils that may block pores, preventing the body from cooling naturally.</li> <li>• Apply dry, sterile dressings to any blisters, and get medical attention.</li> </ul>
<b>Heat Cramps</b>	<ul style="list-style-type: none"> <li>• Pain spasms</li> <li>• Usually in leg</li> <li>• Abdominal muscles</li> <li>• Heavy sweating</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cooler location.</li> <li>• Lightly stretch and gently massage affected muscles to relieve spasm.</li> <li>• Take sips of up to a half glass of cool water every 15 minutes.</li> <li>• Discontinue liquids if you feel nauseas.</li> </ul>
<b>Heat Exhaustion</b>	<ul style="list-style-type: none"> <li>• Heavy sweating but skin may be cool, pale, or flushed.</li> <li>• Weak pulse.</li> <li>• Normal body temperature is possible, but temperature will likely rise.</li> <li>• Fainting or dizziness, nausea</li> <li>• Vomiting</li> <li>• Exhaustion</li> <li>• Headaches are possible.</li> </ul>	<ul style="list-style-type: none"> <li>• Lie down in a cool place</li> <li>• Loosen or remove clothing.</li> <li>• Apply cool, wet clothes</li> <li>• Be sure to consume water very slowly.</li> <li>• Sip a half glass of cool water every 15 minutes.</li> <li>• If you feel nauseated, discontinue drinking water.</li> <li>• Seek immediate medical attention if vomiting occurs.</li> </ul>
<b>Heat Stroke</b>	<ul style="list-style-type: none"> <li>• High body temperature (105+)</li> <li>• Hot, red, dry skin</li> <li>• Rapid, weak pulse</li> <li>• Rapid shallow breathing</li> <li>• You probably will not sweat</li> <li>• Possible unconsciousness</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911 IMMEDIATELY</li> <li>• Move to a cooler environment.</li> <li>• Remove clothing.</li> <li>• Be aware of breathing problems.</li> <li>• Use extreme caution.</li> <li>• Use fans and air conditions.</li> </ul>