

Safe In A Heat Wave

What to Do During Extreme Heat

- Slow down. Avoid strenuous activity.
- Avoid too much sunshine.
- Postpone outdoor games and activities.
- Avoid extreme temperature changes.
- Stay indoors as much as possible.
- Keep heat outside and cool air inside.
- Conserve electricity not needed to keep you cool.
- Vacuum air-conditioner filters weekly during periods of high use.
- If your home does not have air-conditioning, go to a public building with air-conditioning each day for several hours.
- Wear loose-fitting, lightweight, light-colored clothing that will cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Drink plenty of fluids, even if you do not feel thirsty.
- Take frequent breaks if you must work outdoors.
- Use a buddy system when working in extreme heat.
- Drink plenty of water regularly and often.
- Avoid drinks with alcohol or caffeine in them.
- Eat small meals and eat more often.
- NEVER leave children or pets alone in closed vehicles.
- Listen for Ozone Action Days.



L. Kent Whitehead, WHITELIGHTPHOTO

Plan for Extreme Heat

- Learn what heat hazards may occur where you are and learn how to plan for extreme heat, should it occur in your area.
- If your home does not have air-conditioning, choose other places you can go to get relief from the heat during the warmest part of the day.
- Plan changes in your daily activities to avoid strenuous work during the warmest part of the day.

Protect Your Property

- Check air-conditioning ducts for proper insulation.
- Protect windows.
- Use attic fans.
- Don't overload electrical outlets