STAY SAFE DURING EXTREME HEAT

BE PREPARED FOR HEAT BY KNOWING THE FACTS

- Slow down: reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- Wear lightweight, loose-fitting, light-colored clothing to reflect heat and sunlight.
- Eat light, cool, easy-to-digest foods such as fruit or salads.
- Drink plenty of water and non-alcoholic, decaffeinated fluids, even if you don’t feel thirsty.
- Use air conditioners or spend time in air-conditioned locations such as malls and libraries.
- Minimize direct exposure to the sun. A sunburn reduces your body’s ability to dissipate heat.
- Check on older, sick, or fragile people who may need help responding to the heat.
- Know the difference:
  - Excessive Heat Warning — Take Action! An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. Take precautions to avoid heat illness.
  - Excessive Heat Watches — Be Prepared! Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A watch is used when the risk of a heat wave has increased, but its occurrence and timing are still uncertain.
  - Heat Advisory — Take Action! A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. Take precautions to avoid heat illness.
- Pets safety:
  - Provide your pets with ample shade and water. Make sure they have protection from heat and sun as well as plenty of fresh, cold water. Tree shade and tarps are ideal because they don’t obstruct air flow. Enclosed structures can trap heat.
  - Watch for signs of heatstroke. Some signs of heatstroke are heavy panting, glazed eyes, difficulty breathing, excessive thirst, lethargy, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, and unconsciousness.
  - Limit Exercise! It is best for your pets to exercise in the early morning or evening hours when it is not as hot.
  - Avoid pavement and other hot surfaces. If the surface is too hot for bare feet, it’s too hot for bare paws.
  - Never leave a pet in the car, not even if you leave windows cracked open.
- Beat the Heat, Check the Backseat! Never leave a child or pet unattended in a vehicle, not even for a few moments. Studies have shown that “cracking the windows” provides little, if any, relief. Temperatures inside a closed vehicle can reach 140 degrees Fahrenheit on a hot and sunny day.