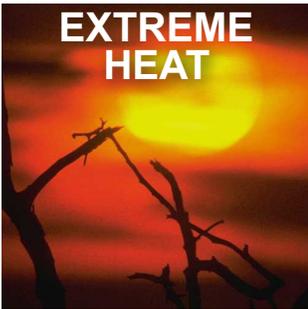


SELF SUFFICIENCY IS EMERGENCY PREPAREDNESS



EXTREME HEAT

THOSE AT HIGH RISK

- Infants and children up to age four are sensitive to high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years or older may not compensate for heat stress and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who over-exert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, or who take certain medications, such as for depression, insomnia or poor circulation, may be affected by extreme heat.

WHAT TO DO ...

Extreme heat can be deadly, and the U.S. loses 688 people per year, on average, to heat deaths. That number comes from CDC records on heat deaths during 1999-2003. When the heat rises, it is extra important to pay attention to your health. Here's what can you do to protect yourself and your family from the effects of extreme heat:

Stay in an air-conditioned area. If you lack air conditioning, go to the basement (or lowest possible floor) of your home.

In your house, keep the curtains closed, the windows slightly open, and the electric lights off. Take cool baths or showers and use cool towels.

Never leave children or pets alone in a parked car when it's hot outside. The temperature in the car can rise rapidly in a matter of minutes and result in brain damage or death.

Do not wear a lot of clothing. The clothes you wear should be light-colored, lightweight, and loose-fitting.

Apply sunscreen with an SPF rating of 15 or higher, use lip balm, and wear a hat. The sunglasses you wear should have an ANSI rating of 99 percent and 98 percent UVA protection.

During very hot weather, drink a minimum of six to eight glasses of cool fluids (1-1/2 to 2 quarts) such as water, fruit juice, or fruit-flavored drinks, even if you are not thirsty.

During heat waves, eat small meals and eat more often. If it is too hot outside, do not eat a lot of food high in protein, which increases metabolic heat. Avoid using cooking ovens.

If you are exercising in hot weather, drink

two to four glasses of cool fluids per hour. Avoid alcohol or caffeine, which can dehydrate you. And remember, when the heat is excessive, salt tablets are not a proper substitute for fluids.

Conduct all outdoor activities during the coolest time of the day. (Before 10 in the morning and after three in the afternoon). If you are outside and must engage in activities, rest often in the shade.

HEAT-RELATED ILLNESS

HEAT CRAMPS are muscular pains and spasms due to heavy exertion. Get the victim to a cooler place and give them a half glass of cool water every 15 minutes.

HEAT EXHAUSTION typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. This results in a form of mild shock, if not treated, the victim may suffer heat stroke. Get the victim to a cooler place and apply cool, wet cloths. Give a half glass of cool water every 15 minutes and watch for changes in condition.

HEAT STROKE is life-threatening. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Call 911 and move the victim to a cooler place. Cool the body by immersing victim in a cool bath, or wrap wet sheets around the body and fan it. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.