

HEAT WAVE ADVISORY

Simple measures are recommended for protection against heat-related illnesses during hot summer and fall months. Please follow these *HOT WEATHER TIPS* during high heat conditions:

- ⚙ **Drink plenty of fluids.**
- ⚙ **Avoid unnecessary physical activity if you are outside or in a non-air-conditioned building.**
- ⚙ **Avoid going out in the heat and direct sunlight if you can.**
- ⚙ **When exposed to direct sunlight, wear a head covering, preferably a hat with a wide brim.**
- ⚙ **Avoid heavy meals, eat smaller ones.**
- ⚙ **Avoid alcoholic beverages, coffee and cola.**
- ⚙ **Wear loose-fitting light cotton clothing.**
- ⚙ **Ask your physician if you need to make any changes to daily medications when exposed to high temperatures.**
- ⚙ **Don't wait in or leave anyone unattended in closed cars or other vehicles, because heat build-up exceeds tolerance levels very quickly. The result can be serious illness or death.**
- ⚙ **Avoid using your oven.**
- ⚙ **Keep electric lights down low or turned off.**
- ⚙ **Keep shades drawn and blinds closed, but windows slightly open.**
- ⚙ **Take a cool bath or shower periodically, use cool towels.**
- ⚙ **Keep in contact with your family and friends.**

Common symptoms of heat-related conditions include:

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| — Profuse Sweating | — Weakness | — Dizziness |
| — Headache | — Dim or Blurred Vision | — Cold Damp Skin |
| — Extreme Tiredness | — Nausea | — Hot Dry Skin |

IF YOU NEED EMERGENCY MEDICAL ATTENTION, CALL YOUR PHYSICIAN OR 9-1-1 IMMEDIATELY