

# Hot Weather Safety Tips

Do	Don't
<ul style="list-style-type: none"><li>• DO drink lots of water and sport drinks.</li><li>• DO wear loose fitting, light weight, light colored clothing.</li><li>• DO check on elderly people.</li><li>• DO use SPF 15 (or higher) sun block and wear a hat.</li><li>• DO rest often in shady areas.</li><li>• DO go to an air conditioning place; such as a shopping mall during severe heat.</li><li>• DO listen to the news and the public announcements for heat advisories.</li></ul>	<ul style="list-style-type: none"><li>• DON'T underestimate the seriousness of heat-related emergencies.</li><li>• DON'T leave children or pets unattended in a vehicle.</li><li>• DON'T drink alcoholic or caffeinated beverages.</li><li>• DON'T stay in the hot weather if you feel sick.</li><li>• DON'T overexert yourself or work outside without taking breaks.</li><li>• DON'T hesitate to call EMS and seek medical attention.</li></ul>

# Heat-Related Emergencies

Heat Stroke	Heat Exhaustion
<ul style="list-style-type: none"><li>• Victim is often confused, disoriented</li><li>• Skin is often HOT, RED, DRY</li><li>• Body temperature is VERY HIGH</li></ul>	<ul style="list-style-type: none"><li>• Skin is COOL, PALE, MOIST</li><li>• Body temperature near normal</li><li>• Heavy sweating</li><li>• Possible headache, nausea, dizziness, vomiting</li></ul>
<p>What To Do:</p> <ul style="list-style-type: none"><li>• Heat stroke is an immediate medical emergency. Call 9-1-1.</li><li>• Move the victim to a cool location out of the heat.</li><li>• Place in front of a fan or in an air-conditioned room</li><li>• Place ice packs under armpits and groin</li><li>• DO NOT give the victim ANYTHING to eat or drink!!</li></ul>	<p>What To Do:</p> <ul style="list-style-type: none"><li>• Call 9-1-1 immediately.</li><li>• Move the victim to a cool location out of the heat.</li><li>• Lay victim on his/her back and elevate legs.</li><li>• Remove/loosen clothing.</li><li>• Cool victim by fanning or applying cold packs, wet sheets, or towels.</li></ul>

**EMERGENCY - EMS, Fire, Police**  
**Dial 9-1-1**