



SEVERE WEATHER SURVIVAL TIPS

How to stay safe during extreme heat when you live outdoors

WHAT WILL YOU DO IN A WEATHER EMERGENCY?

IF YOU ARE OUTDOORS,

- Spend the warmest part of the day in public buildings such as day shelters, libraries, shopping malls, and other community facilities.
- Drink plenty of water, even if you do not feel thirsty. Talk to your doctor before drinking a lot of water if you have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention.
- Don't drink caffeine and alcoholic beverages; these can make you dehydrated.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect your face and head by wearing a wide-brimmed hat, like a baseball cap.

REMEMBER

- Heat kills by pushing the body beyond its limits. In extreme heat and high humidity, the body must work extra hard to maintain a normal temperature.

FIRST AID DURING EXTREME HEAT

HEAT CRAMPS

SYMPTOMS

- Painful spasms, usually in leg and abdominal muscles
- Heavy sweating

FIRST AID

- Get to a cooler location.
- Lightly stretch and gently massage the affected muscles to relieve spasms.
- Take sips of up to a half glass of cool water every 15 minutes. (Do not drink liquids with caffeine or alcohol.)
- Stop drinking liquids, if nauseated.

FIRST AID DURING EXTREME HEAT

HEAT EXHAUSTION

SYMPTOMS

- Heavy sweating, but skin may be cool, pale, or flushed
- Weak pulse
- Normal body temperature is possible but will likely rise
- Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible

FIRST AID

- Lie down in a cool place and elevate your feet.
- Loosen or remove excess clothing. Apply cool, wet clothes, if possible.
- Fan yourself or move to air-conditioned place.
- Take sips of water. Be sure to drink the water slowly.
- Drink one-half glass of cool water every 15 minutes. Stop drinking water if nauseated.
- Seek immediate medical attention if vomiting occurs.

HEATSTROKE (a severe medical emergency)

SYMPTOMS

- High body temperature (104+)
- Hot, red, dry skin. Your skin may not be dry if you have been exercising.
- Rapid, weak pulse
- Rapid, shallow breathing
- Possible unconsciousness

FIRST AID

- Have someone call 9-1-1. Get to a hospital immediately. Do not wait to get help.
- Ask someone to help you move to a cooler environment.
- Remove clothing and, if possible, put a wet sheet or wet T-shirts on top of you.

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