

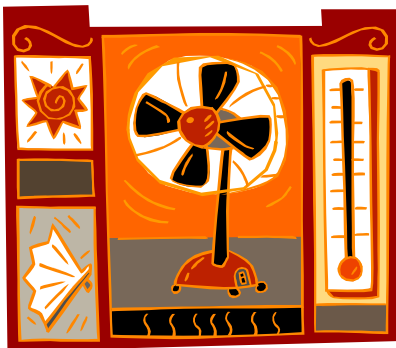


Hot Weather Precautions

Severe heat may cause illness or even death. When temperatures rise to extreme highs, reduce risks by taking the following precautions:

Hot weather precautions to reduce the risk of heat exhaustion and heat stroke

- ☀ Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or high amounts of sugar.
- ☀ Stay indoors or in an air-conditioned environment as much as possible unless you're sure that your body has a high tolerance for heat.
- ☀ NEVER leave any person or pet in a parked vehicle.
- ☀ Avoid dressing babies in heavy clothing or wrapping them in warm blankets.
- ☀ Make sure pets have plenty of water.
- ☀ If you take prescription diuretics, antihistamines, mood-altering or antispasmodic drugs, check with a doctor about the effects of sun and heat exposure.
- ☀ Cover windows that receive morning or afternoon sun. Awnings or louvers can reduce the heat entering a house by as much as 80 percent.



If you go outside:

- ☀ Plan strenuous outdoor activities for early or late in the day when temperatures are cooler.
- ☀ Take frequent breaks when working outdoors.
- ☀ Wear a wide-brimmed hat, sun block and light-colored, loose-fitting clothes when outdoors.
- ☀ At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink cool water.
- ☀ Avoid sunburn: it slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF rating.
- ☀ Avoid extreme temperature changes. A cold shower immediately after coming in from hot temperatures can result in hypothermia, especially for children and the elderly.
- ☀ Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.