



Preparing for Hot Temperatures this Summer

With the extreme hot temperatures that will be arriving this coming weekend, Hamilton County Office of Emergency Management wants to make sure the residences of Hamilton County are prepared before venturing outdoors. Heat is the number one weather-related killer. In extreme heat and high humidity, the body must work extra hard to maintain a normal body temperature.

Here are some tips that can help you stay **SAFE** during the **HOT TEMPERATURES**:

- Never leave children or pets alone in enclosed vehicles
- Eat small meals and eat more often
- Avoid extreme temperature changes
- Limit intake of alcoholic beverages
- Drink plenty of water, even if you do not feel thirsty, and avoid drinks with caffeine
- Stay on the lowest floor out of the sunshine if air conditioning is not available
- Wear loose-fitting, lightweight, light-colored clothing
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day
- Use a buddy system when working in excessive heat
- Take frequent breaks if working outdoors
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat
- Check on animals frequently to ensure that they are not suffering from the heat, and ensure they have water and a shady place to rest

FIRST AID for HEAT-RELATED ILLNESS

Conditions	Symptoms	First Aid
Sunburn	Skin redness & pain, possible swelling, blisters, fever & headaches	Take a shower using soap to remove oils that may block pores preventing the body from cooling naturally. Apply dry, sterile dressings to any blisters & get medical attention.
Heat Cramps	Painful spasms, usually in leg & abdominal muscles, heavy sweating	Get victim to a cooler location. Lightly Stretch & gently massage muscles to relieve spasms. Take sips of water every 15 minutes. Do not drink alcohol or caffeine.
Heat Exhaustion	Heavy sweating but skin maybe cool, pale or flushed. Weak pulse. Normal body temperature is possible but temperature will likely rise. Fainting, dizziness, nausea, vomiting, exhaustion and possible headaches.	Get victim to lie down in a cool place. Loosen or remove clothing. Apply cool, wet clothes. Fan or move victim to air-conditioned place. Take sips of water if victim is conscious every 15 minutes. Seek immediate medical attention if vomiting occurs.
Heat Stroke	High body temperature. (105+ degrees) hot, red, dry skin, rapid & weak pulse, shallow breathing. Victim will probably not sweat unless victim was sweating from recent strenuous activity. Possible unconsciousness.	Call 9-1-1 or get victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Remove clothing. Try a cool bath, sponging or wet sheet to reduce body temperature. Watch for breathing problems. Use extreme caution.

Stay safe this summer!

Amy