



# What To Do In A Heat Wave

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 and 7:00 a.m.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Try to go to a public building with air conditioning each day for several hours. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Drink plenty of water regularly and often. Your body needs water to keep cool.



- Heat stroke: Help is needed fast. Call 9-1-1 or your local emergency number. Move the person to a cooler place. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. If the victim refuses water, is vomiting, or there are changes in the level of consciousness, do not give anything to eat or drink.
- Heat cramps: Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes.
- Heat exhaustion: Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give cool water to drink.