

What to do During Extreme Heat

THINGS YOU CAN DO TO PROTECT YOUR HEALTH DURING TIMES OF EXTREME HEAT:

1. Limit your exposure to hot environments as much as possible
2. Keep activity to a minimum, especially during the hottest part of the day
3. Take frequent breaks out of the heat if you must be in it
4. Drink plenty of water to avoid dehydration unless you are on a fluid restricted diet
Rule of thumb – If you are thirsty, you are beginning to dehydrate.
5. Avoid alcohol and caffeine, which promote water loss
6. Eat cool, light meals, avoiding foods high in protein or fat, which produce heat.
Salads, fruits, and vegetables
7. Include salt in your food unless on a salt restricted diet. Don't use salt tablets
8. If your home does not have air conditioning, go to a public building (library, theater, community center) every day for several hours
9. Wear loose-fitting, lightweight, light-colored clothing made of natural fiber.
10. Protect against sunburn because it reduces the body's ability to cool
11. Establish a phone friend, calling each other twice a day, once in the morning and once in the evening.
12. Check on your neighbors, especially if they are in poor health or elderly
13. **Never leave children or pets unattended in enclosed vehicles. It takes minutes for a closed up vehicle to reach temperatures in excess of 140 degrees.**