

# Protect Yourself From Extreme Heat

## KNOW the DANGER SIGNS !

*Heat Cramps-Muscle pains or spasms caused by sweating a lot.*

- *Stop all activity, sit in a cool place*
- *Drink clear juice or sports beverage*
- *Rest for a few hours after cramps subside*
- *Seek medical attention if cramps last over 1 hour*

*Heat Exhaustion-can develop over several days of high temps.*

- *Drink cool, non-alcoholic beverages*
- *Rest*
- *Cool shower or sponge bath*
- *Seek air conditioned environment*
- *Wear lightweight clothing*

*Heat Stroke-high body temp (103+), no sweating, unable to cool down*

- *Get victim to shade*
- *Cool victim rapidly-cold shower, bath, or sponge bath*
- *Monitor body temperature*
- *Do not give fluids*
- *Get medical assistance as soon as possible*



As temperatures in Solano County rise, it is important to understand the dangers of hot weather – and help one another learn to cope. More than ever, do not leave anyone, including children, seniors and pets in parked cars for any length of time in warm/hot weather....to avoid tragic consequences.

**During a heat emergency** stay indoors as much as possible and limit exposure to sun. Stay on the lowest floor out of sunshine if no air conditioning. Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theatres, shopping malls, and other community facilities. Eat well balanced, light, regular meals. Drink plenty of water or consult your Dr. if you have been instructed to limit water intake. Limit alcohol. Dress in loose-fitting, lightweight, light colored clothing. Wear a brimmed hat. Check on seniors, children, and chronically or mentally ill family and friends. Never leave children or pets alone in a closed vehicle. Avoid strenuous work in the warmest part of the day. Use a buddy system when working in extreme heat and take breaks often.