



# Oneida County Emergency Services

## Citizen Preparedness

### ***Heat Safety Tips \****

#### **Things to Remember during a heat wave**

(90 degrees F or higher for 48 hours.)

Limit strenuous activity during the sun's peak hours-11 a.m. to 4 p.m. Outside exercise should be during the early morning between 4-7 a.m.

Eat less protein and more fruits and vegetables. Protein produces and increases metabolic heat, which causes water loss.

Eat small meals, but eat more often. Limit salty foods.

Drink at least 2-4 glasses of water per hour during extreme heat even if you do not feel thirsty.

Avoid beverages containing alcohol or caffeine.

If possible, stay out of the sun and stay in air conditioning.

Sunburn slows the skin's ability to cool. The sun will also heat the inner core of your body, resulting in dehydration. If air conditioning is not available, stay on the lowest floor, out of the sunshine, or go to a public building with air conditioning.

If you must go outdoors, wear sunscreen with a high sun protector factor rating (at least SPF 15) and a hat to protect your face and head.

When outdoors, wear loose-fitting lightweight and light-colored clothing.

Cover as much skin as possible to avoid sunburn and over-warming effects of sunlight on your body.

Do not leave children, pets or those who require special care in a parked car or vehicle during periods of intense summer heat

Temperatures inside a closed vehicle can reach over 140 degrees Fahrenheit quickly. Exposure to such high temperatures can kill within a matter of minutes.

Make an effort to check on your neighbors during a heat wave, especially if they are elderly, have young children or have special needs.

Make sure there is enough food and water for pets.

## **PEOPLE AT HIGHER RISK**

Elderly

Small Children

People with weight or alcohol problems are very susceptible to heat reactions.

People on certain medications.

## ***HEAT HEALTH HAZARDS***

### **HEAT CRAMPS**

Heat cramps are muscular pains and spasms caused by heavy exertion. Loss of water and salt from sweating causes cramping.

Signals of heat cramps are abdominal and leg muscle pain.

Relief can be firm pressure on cramping muscles, or gentle massages to relieve cramping.

### **HEAT EXHAUSTION**

This condition is less dangerous than heat stroke. It usually occurs when people exercise too heavily or work in warm, humid places where body fluids are lost.

Signals include cool, moist, pale or flushed skin; heavy sweating; headache, nausea or vomiting, dizziness and exhaustion.

If symptoms occur, get the victim out of sun, and apply cool, wet cloths.

### **HEAT STROKES**

Also known as sunstroke-can be life threatening. Body temperature can rise and cause brain damage; death may result if not cooled quickly.

Symptoms include hot, red, and dry skin; changes in consciousness; rapid, weak pulse, and shallow breathing.

Relief for lowering body temperature can be with a cold bath or sponge.

## **SUNBURN**

Symptoms include redness and pain; in severe cases, swelling of skin, blisters, fever and headaches can occur. Sunburn hampers heat dissipation..

Ointments can be a relief for pain in mild cases.

A physician should see serious cases.

\* Safety Tips created by New York State Emergency Management Office