

# STAY COOL, STAY SAFE WHEN THE WEATHER IS HOT

- **Never leave children, disabled persons, or pets in a parked car - even briefly.**
  - Temperatures in a car can become life threatening within minutes. On an 80-degree day, the temperature inside a car even with the windows cracked slightly can reach 100 degrees in less than 10 minutes!
- **Keep your living space cool.**
  - Cover windows to keep the sun from shining in.
  - If you don't have an air conditioner, open windows to let air circulate.
  - When it's hotter than 95 degrees, use fans to blow hot air out of the window rather than to blow hot air on to your body.
  - Basements or ground floors are often cooler than upper floors.
- **Slow down and limit physical activity.**
  - Plan outings or exertion for the early morning or after dark, when temperatures are cooler.
  - Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- **Dress for summer**
  - Wear lightweight, loose-fitting, light-colored clothing to reflect heat and sunlight.
  - Wear a hat or use an umbrella to keep your head cool.
- **Drink plenty of water and eat lightly.**
  - Don't wait for thirst, but instead drink plenty of water throughout the day.
  - Avoid alcohol or caffeine and stay away from hot, heavy meals.
  - Foods, like meat and other proteins that increase metabolic heat production also increase water loss.
  - Persons who have epilepsy or heart, kidney or liver disease, are on fluid restrictive diets or have a problem with fluid retention should consult a physician before increasing their consumption of fluids.
- **During excessive heat periods, spend more time in air-conditioned places.**
  - Air conditioning in homes and other buildings markedly reduces danger from the heat.
  - If you cannot afford an air conditioner, go to a library, store or other location with air conditioning for part of the day.
- **Don't get too much sun.**
  - Sunburn reduces your body's ability to dissipate heat.
  - Use sunscreen when outside
- **Don't stop taking medication unless your doctor says you should.**
  - Take extra care to stay cool, and ask your doctor or pharmacist for any special heat advice.
  - Do not take salt tablets unless specified by a physician.
- **Taking a cool shower or bath will cool you down.**
  - A shower or bath will actually work faster than air conditioner.
  - Applying cold wet rags to the neck, head and limbs also cools down the body quickly.

## ADDITIONAL SAFETY TIPS REGARDING CHILDREN AND CARS

- **Make sure your child's safety seat and safety belt buckles aren't too hot** before securing your child in a safety restraint system, especially when your car has been parked in the heat.
- **Never leave your child** unattended in a vehicle, even with the windows down.
- **Teach children not to play** in, on, or around cars.
- **Always lock car** doors and trunks--even at home--and keep keys out of children's reach.
- **Always make sure all children have left the car** when you reach your destination. Don't leave sleeping infants in the car ever!

Resources:

National Weather Service

<http://www.nws.noaa.gov/os/heat/index.shtml>

Centers for Disease Control and Prevention:

[http://emergency.cdc.gov/disasters/extremeheat/heat\\_guide-page-3.asp](http://emergency.cdc.gov/disasters/extremeheat/heat_guide-page-3.asp)

Ready Wisconsin

<http://readywisconsin.wi.gov/>

Wisconsin Department of Health Services

<http://www.dhs.wisconsin.gov/health/InjuryPrevention/WeatherRelated/Heat.html>