

# Stay Cool During Summer Heat

## Tips for Heat Health and Safety

### Keep Yourself and Your Family Cool

- Drink plenty of water and other fluids.
- Avoid alcohol and caffeinated beverages such as coffee, soda, and tea.
- Stay indoors and limit activity during the hottest hours of the day.
- Schedule outdoor activities before noon or in the evening.
- Use portable and ceiling fans to circulate cool air.
- Wear light-colored, light weight and loose fitting clothing.
- Never leave a child or pets in a parked car.
- If the power fails, go to a friend's house, a local business, the library or to a "cooling center".



### Protect Your Pets

- Provide plenty of fresh water and shade for outdoor pets.
- Keep outdoor kennels well-ventilated.
- Bring pets inside during the hottest time of the day.
- Do not leave your pet in a parked car.

### Health and Safety Checks



#### During extreme heat conditions:

- Check twice a day on family members, friends, neighbors, and others.
  - Call or visit to be sure they are comfortable and safe.
- Older adults and people with chronic health conditions are at higher risk.

### Understanding the Body's Response to Heat

- When the weather is hot, the body maintains a normal temperature by perspiring. This is the body's natural cooling system.
- When the weather is extremely hot, the body's ability to maintain a normal temperature may fail in older adults, among people with chronic health conditions or during strenuous activity.
- Rising body temperature may lead to heat exhaustion. Heat exhaustion may lead to heat stroke.

### Good Old-Fashioned Ways to Stay Cool

- Take a cool shower.
- Mist yourself under a garden hose spray.
- Put a wet towel on head, neck, or wrists.



### Take Action to Prevent Heat Exhaustion and Heat Stroke

- Contact your doctor regarding special precautions for older adults and for people with chronic health conditions.

#### Know the signs of:

#### Heat Exhaustion

- √ Heavy Sweating
- √ Muscle Cramps
- √ Weakness
- √ Dizziness



#### Heat Stroke

- √ Rapid Pulse
- √ Nausea
- √ Throbbing Headache
- √ Confusion



- If you feel ill due to the heat, take immediate steps to cool off and see a doctor or call 911

### More Information on Heat Health and Safety

[www.fresnohumanservices.org/communityhealth](http://www.fresnohumanservices.org/communityhealth) [www.bt.cdc.gov/disasters/extremeheat/](http://www.bt.cdc.gov/disasters/extremeheat/)  
<http://bepreparedcalifornia.ca.gov/EPO/BeInformed/NaturalDisasters/ExtremeHeat/TipsPrevHeatIllness.htm>

Fresno–Madera Area Agency on Aging at 559-453-4405 or 1-800-510-2020 or [www.fmaaa.org](http://www.fmaaa.org)

