

Hot Enough For Ya?

Protecting yourself during summer heat.

Dress Right



- **Wear loose-fitting, lightweight, light colored clothing** to reflect heat and sunlight.
- **Protect your face and head with a wide-brimmed hat.**



Keep Heat Outside & Cool Air Inside

- **Put up temporary reflectors in windows**, like cardboard covered with aluminum foil.
- **Hang shades, sheets or curtains** on windows that get morning or afternoon sun.



Drink Water Before & During Exercise even if you don't feel thirsty. Your body needs water to keep cool. Don't drink alcohol or caffeine.

Don't Use Salt Tablets unless told to do so by a doctor. Salt causes the body to retain fluid, resulting in swelling.



Eat small meals & eat more often. Large, heavy meals cause your body to increase internal heat to digest food.



If your home doesn't have air conditioning, pick other places you can go during the warmest part of the day. Schools, libraries, malls, rec centers, and other public buildings may offer air-conditioning on the hottest days. Your community may have cooling stations available during heat alerts.

Call 2-1-1 Helpline 24 hours a day for more information.

Heat Danger Signals

Heat Stroke

What to look for

- Hot, red skin.
- Rapid, weak pulse.
- Rapid, shallow breathing.
- Body temperature as high as 105 degrees.
- Changes in consciousness.

What to do

- Call 911. Heat stroke may be deadly.
- Move victim to a cooler place.
- Spray with cool water, then fan.
- Keep the victim lying down.

Heat Exhaustion

What to look for

- Cool, moist, pale or flushed skin.
- Heavy sweating.
- Headache.
- Nausea or vomiting.
- Dizziness & exhaustion.
- Body temperature may be normal or may be rising.

What to do

- Move victim to a cooler place.
- Remove or loosen tight clothing.
- Apply cool, wet cloths.
- If conscious, give sips of cool water every 15 minutes.
- Avoid drinks with caffeine or alcohol.
- Call your doctor or 911.

Heat Cramps

What to look for

- Tightening of the muscles in the legs or other parts of the body.

What to do

- Move victim to a cooler place.
- Lightly stretch the affected muscle.
- Serve cool water.

For more information about extreme heat safety, contact:

2-1-1 Helpline -- dial 211 or visit www.211oklahoma.org.

American Red Cross -- 831-1109 or www.tulsaredcross.org

National Weather Service -- www.srh.noaa.gov/Tulsa

EMSA -- www.emsaonline.com/mediacenter/emsaonline.cfm