

# HOT ENOUGH FOR YA?

TULSA  
WEATHER  
COALITION

COMMUNITY SERVICE COUNCIL



## 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 and after exercise.
- Even if you don't feel thirsty. Your body needs water to keep cool. Avoid alcohol and caffeine.



### AVOID SALT/SALT TABLETS

- Unless told to do so by a doctor. Salt causes the body to retain fluid, causing swelling.



### EAT SMALL MEALS & MORE OFTEN

- Large, heavy meals cause your body to increase internal heat to digest food.



### FIND PUBLIC PLACES WITH A/C

- If your home doesn't have air-conditioning, pick other places you can go during the warmest part of the day. Schools, libraries, shopping malls, recreation centers and other public buildings may offer air-conditioning on the hottest days. Cooling stations may be available.



### CALL 211 EASTERN OKLAHOMA

- If you need help finding relief from the heat, dial 2-1-1 to talk with a specialist who can help. Available 24/7.

### HEAT DANGER SIGNALS



#### HEAT STROKE

##### What to look for:

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

##### What to do:

- Call 9-1-1. 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/vomiting.
- Dizziness and exhaustion.
- Normal or rising body temperature.

##### 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 alcohol/caffeine.
- Call your doctor or 9-1-1.



#### 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.

### EXTREME HEAT SAFETY RESOURCES

211 Eastern Oklahoma: Dial 2-1-1 or 211EOK.org • American Red Cross: 918-831-1109 or tulsaredcross.org  
National Weather Service: srh.noaa.gov/tulsa • EMSA: emsaonline.com