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.

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**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.

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**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