

Safety Tips for Children

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 ever leave sleeping infants in the car.

Room Ventilation Safety

⇒ Open all windows and doors to the room

⇒ Place box fans facing inward in the windows. If you have windows facing opposite walls, place one fan facing inward and the other box fan blowing out of its window to ensure constant circulation.

⇒ Turn the box fans so they are blowing facing out of the windows from late morning until sunset.

⇒ Place an oscillating (back and forth) fan on a desk or table to create additional air circulation.

Safety Tips for Adults

Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.

Dress for summer. Wear lightweight, light-colored clothing to reflect heat and sunlight.

Drink plenty of water, non-alcoholic and decaffeinated fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. 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. Do not drink alcoholic beverages and limit caffeinated beverages.

Foods, like meat and other proteins that increase metabolic heat production also increase water loss. Do not take salt tablets unless specified by a physician.

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 your home is not cooled by 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.

Information provided by NOAA National Weather Service
<http://www.nws.noaa.gov/om/heat/index.shtml> and may not be all inclusive



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How to Protect Yourself
Against the Hot Texas Sun!

Heat: A Major Killer

Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year.

The Hazards of Excessive Heat

During extremely hot and humid weather the body's ability to cool itself is affected. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and heat-related illnesses may develop.

Heat-related illnesses can range from heat cramps to heat exhaustion to more serious heat stroke. Heat stroke can result in death and requires immediate medical attention.

Factors or conditions that can make some people more susceptible to heat-related illnesses include age (**older adults and young children**), obesity, fever, heart disease, mental illness, poor circulation, prescription drug and alcohol use, and sunburn. Sunburn, caused by ultraviolet radiation from the sun, can significantly retard the skin's ability to shed excess heat.

Heat-Related Illness Symptoms and First Aid

HEAT CRAMPS

Symptoms: Painful muscle cramps and spasms usually in legs and abdomen; Heavy sweating

First Aid: Apply firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water, if nausea occurs, discontinue water

HEAT EXHAUSTION

Symptoms: Heavy sweating, weakness; cool, pale, clammy skin; weak pulse, possible muscle cramps, dizziness, nausea and vomiting, fainting, normal temperature possible.

First Aid: Move person to a cooler environment. Remove or loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Offer sips of water. If nausea occurs, discontinue water. **If vomiting continues, seek immediate medical attention.**

HEAT STROKE (or sunstroke)

Symptoms: Altered mental state. Possible throbbing headache, confusion, nausea, dizziness, shallow breathing. High body temperature (106°F or higher). Skin may be hot and dry, or patient may be sweating. Rapid pulse. Possible unconsciousness.

First Aid: Heat stroke is a severe medical emergency. **Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.**

Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with a water mister and fan or sponging. Use fan if heat index temperatures are below the high 90s. **Use extreme caution – If body temperature rises again, repeat process.**

Do NOT give fluids.

