

# 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 Lots of Water** even if you don't feel thirsty. Your body needs water to keep cool. Don't drink alcohol or caffeine. They make the heat's effects worse.

**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.**



A service of the Tulsa Human Response Coalition, a program of the Community Service Council



# Heat Danger Signals

## Heat Stroke

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### 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.
- Quickly cool the victim. Put in a cool bath or wrap wet sheets or towels.
- Keep the victim lying down.
- Give sips of water if victim is fully awake and not vomiting.

## Heat Exhaustion

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### 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

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### 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.
- Give a half glass of cool water every 15 minutes.

**For more information about extreme heat safety, contact:**

2-1-1 Helpline -- dial 211 or visit [www.211tulsa.org](http://www.211tulsa.org).

American Red Cross -- 831-1109 or [www.tulsaredcross.org](http://www.tulsaredcross.org)

National Weather Service -- [www.srh.noaa.gov/Tulsa](http://www.srh.noaa.gov/Tulsa)

EMSA -- [www.emsonline.com/mediacenter/emsonline.cfm](http://www.emsonline.com/mediacenter/emsonline.cfm)