

Hot Weather Safety Tips

Sheriff Fontoura Offers "BEAT THE HEAT" Hot Westher Safety Tips

Excessively warm conditions can prove dangerous to our health and certain segments of our population, especially children and the elderly, are vulnerable to hot weather. Essex County residents should take common sense precautions to beat the heat.

Personal Health & Safety Tips for Protection against the Heat

- Stay out of the sun. Avoid extreme temperature changes.
- Drink fluids, particularly water, even if you do not feel thirsty. Your body needs the water to keep cool. (Those on fluid-restricted diets or taking diuretics should first consult their physician.) Water is the safest liquid to drink during heat emergencies. Avoid beverages containing alcohol or caffeine. Eat small frequent meals. Avoid using salt tablets unless directed by your physician.
- Avoid strenuous activity, especially during the sun's peak hours. If possible, go to an air-conditioned building for several hours during the hottest part of the day. Although you can cool down with repeated cool baths or showers, never take a shower immediately after becoming overheated as you may cool down too quickly and become ill, nauseous or dizzy. Cover all exposed skin with a high SPF sunscreen (15 or above) and wear a wide-brimmed hat to protect your head and face.
- Never leave children or pets in the car.

Heat Exhaustion

- Symptoms: Mild shock marked by heavy sweating, weakness, headache, weak pulse, dizziness, exhaustion, fainting, nausea or vomiting, and cold clammy skin. Body temperature will seem normal.
- Treatment: Call 911 for medical attention. If heat exhaustion is not treated it can worsen and lead to heat stroke.

Heat Stroke

- Symptoms: Hot, red skin; rapid, weak pulse; rapid, shallow breathing; loss of ability to sweat; throbbing headache, dizziness, nausea, confusion, unconsciousness. Body temperature can be so high that brain damage or death may result in less than 10 minutes if medical attention is not immediate.
- Treatment: Immediately call 911 for medical help. Bring victim to a cool place. Remove victim's clothing and

cool body by wrapping it in wet sheets and fanning them. Watch for signs of breathing problems. Keep victim lying down and as cool as possible. Do not give the victim any fluids.