

Summer Weather

During a Heat Wave

- ✓ Stay indoors in air conditioning as much as possible, and in the shade if you go outside.
- ✓ If your home is not air conditioned, spend at least two hours daily at an air-conditioned mall, library or other public place.
- ✓ Wear sunscreen outside, along with light-colored clothes that cover as much skin as possible.
- ✓ Drink water regularly even if you are not thirsty. Limit alcohol, which speeds dehydration.
- ✓ Never leave children or pets alone in the car.
- ✓ Avoid exertion during the hottest part of the day.
- ✓ Take a cool shower or bath.

Terms to Know

Heat Wave

Period of extreme heat, usually accompanied by high humidity.

Heat Index

The relative humidity added to the air temperature-how hot it feels.

Heat Cramps

Muscle pains due to exertion-the first sign of heat-related problems.

Heat Exhaustion

A mild form of shock brought on by strenuous activity in the heat.

Heat Stroke

A life-threatening condition occurring when the body's temperature control system shuts down. Brain damage or death can result if the body is not cooled at once.