

EXTREMEHEAT TIPS

DO

- Use air conditioning or spend time in air conditioned place.
- **Stay Hydrated** - Drink Water not alcoholic, caffeine, or sugar beverages.
- Eat light.
- Wear loose fitting clothing.
- Check local news for health and safety updates.
- Know symptoms related to heat related illness.
- Take cool shower or bath to cool off.



DON'T

- **DON'T** leave children, pets, or persons with mobility problems in the car for any amount of time.
- **DON'T** drink alcohol to try to stay cool.
- **DON'T** use stove or oven to cook- it will make you and your house hotter.
- **DON'T** eat heavy, hot, or hard-to-eat foods.
- **DON'T** wear heavy, dark colored clothing which can absorb heat.
- **DON'T** exercise outdoors during the hottest hours of the day (10am-5pm).
- **DON'T** use electrical fans if temps are over 95°F. Fan will not prevent heat-related illnesses.

EXTREMEHEAT SYMPTOMS

HEAT CRAMPS- heavy sweating and painful muscle cramps or spasms

HEAT EXHAUSTION- heavy sweating, weakness, fatigue, headaches, dizziness, nausea or vomiting, fainting, irritability, thirst, and decreased urine output

HEAT STROKE- very high body temp., altered mental state, throbbing headache, confusion, nausea, dizziness, hot, dry skin or profuse sweating, and unconsciousness

TREATMENTS- go to CDC site

<https://www.cdc.gov/disasters/extremeheat/warning.html>



SUN PROTECTION

- Must apply sunscreen every 2 hours and after swimming, sweating or toweling off.
- Don't forget to put sunscreen on ears, hands, feet, and underarms.
- Don't forget to put sunscreen on even for those cloudy days.

ADDITIONAL SUN PROTECTION TIPS

- Cover up with clothing (light weight and color)
- Wear a hat
- Wear sunglasses
- Seek shade especially during 10am to 4pm

Summer Safety Tips

BUG PROTECTION

- Use insect Repellent (ingredients should include DEET, Picaridin, or IR3535)
- Wear protective clothing- long-sleeved shirts and pants.
- Mosquito-proof your home using screen on windows and doors.
- Use air conditioning when available.



TRAVELING

- Protect yourself - pack traveled-sized insect repellent.
- Apply both repellent and sunscreen for the hot summer days.
- Keep doors and windows shut. If you can't keep doors and windows shut use bed nets.
- For kids make sure they have light clothing covering arms and legs.
- Cover baby cribs, strollers, and baby carriers with nets.



SUMMER COOKING

- **SEPARATE-** when shopping and bagging
- **CHILL-** keep meat, poultry, and seafood refrigerated until ready to grill. When transporting keep below 40°F in an insulated cooler.

- **CLEAN-** Wash hands with soap and water before and after handling raw meat, poultry, and seafood.
- **COOK-** Use a food thermometer to ensure meat is cooked at a hot enough temperature. Check CDC website for details on safe cooking temperatures for different foods.
- **DON'T** cross contaminate and use clean plates from the ones where raw meat touched.
- **REFRIGERATE** leftovers within 2 hours of cooking (1 hour if above 90°F outside)

PET SAFETY TIPS



PET SAFETY

- Leave pets plenty of fresh clean water in shady areas.
- Know symptoms of overheating in pets.
- Never leave in a parked car.
- Some foods can be poisonous for pets. Be aware and research.
- Talk walks during the cool hours of the day.
- Keep your dog free of parasites (fleas, ticks) and heartworms by consulting with your veterinarian as needed.
- Consult with veterinarian about pet haircuts.

FOR MORE INFORMATION VISIT THE FOLLOWING WEBSITES BELOW:

CDC

American Cancer Society

American Veterinary Medical Association

ASPCA