



Extreme Heat Safety Tips

This week will bring hot weather to our region. High temperatures can cause heat-related illness, but there are steps we can take to reduce our health risk.

- Drink cool, nonalcoholic beverages and increase your fluid intake.
- Air-conditioning is the best protective factor against heat-related illness. If you don't have air-conditioning at home, spend time in locations with air-conditioning, such as shopping malls and public libraries.
- Wear light-weight, light-colored, loose fitting clothing. Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.
- Do not leave infants, children or pets in a parked car.
- Schedule outdoor activities carefully. Try to limit your time outdoors during morning and evening hours.
- Provide plenty of fresh water for your pets, and if outside, leave the water in the shade.

Heat Stroke

Heat stroke occurs when the body's temperature rises rapidly and is unable to cool down. Body temperature may rise to 106°F or higher within a very short amount of time. Heat stroke can cause death if emergency treatment is not provided.

Warning signs of heat stroke may include the following:

- An extremely high body temperature (103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse; throbbing headache
- Dizziness and/or nausea
- Confusion; unconsciousness



What to Do:

- Call 9-1-1.
- Get the victim to a shady area.
- Cool the victim rapidly by spraying with cool water from a garden hose or immersing them in a tub of cool water.
- Monitor body temperature and continue cooling efforts until their temperature drops to 101-102°F.
- Do not give the victim fluids to drink.
- Sometimes a victim will experience uncontrollable muscle spasms as a result of heat stroke. Do not place any object in the victim's mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on their side.

Stay Cool, Stay Safe

Allegany County
Department of Emergency Services

