



## SAFETY TIPS

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### **HOT WEATHER CAN BE DEADLY!**

#### **ARE YOU AT RISK FOR HOT WEATHER ILLNESS AND INJURY?**

Everyone should take care to avoid heat stroke, sunburn, and other weather-related illnesses this summer. But, certain people may be at risk. Are you in one of these categories?

- People over 65
- Small children
- People with heart or kidney problems or high blood pressure
- People who are overweight
- People who keep windows shut and do not have air conditioning
- People in cities ( concrete and asphalt retain heat )
- People on certain medicines including tranquilizers, antibiotics, and birth-control pills.

Increase the amount of fluids that you drink. If you exercise when it is hot outside, drink 2-4 glasses of cool water every hour.

Choose lightweight, light colored, loose fitting clothing. Wear a hat to shield your face for the sun.

Wear sunscreen at all times Choose a sunscreen that is waterproof and one with a sun protection factor (SPF) of 15 or greater.

Heat exhaustion or "Heat Stroke" is the body's response to losing too much water and salt through sweat. Symptoms of heat exhaustion include heavy sweating, headache, dizziness, muscle cramps, fainting, and nausea. If you have any of these symptoms STOP! Find a cool place to sit down and drink some liquid. If you do not feel better in an hour you may need to seek medical attention. Heat exhaustion can be dangerous.

If you live in a home with no air conditioner, use fans instead. Keep in mind that windows must be open in order for fans to work. Turning fans on with windows closed will only circulate hot air.

#### **Be a good neighbor!**

When the weather gets very hot, check on older friends, relatives and neighbors living in your area. Since seniors are especially sensitive to hot weather and may be living alone, volunteer to check in on them daily during the summer. A phone call once a day could save a life. Make sure that seniors have windows open, fans and a place to go in case the heat gets to be too much for them.