



It's Hot Out There!

Summer is almost here and temperatures will be rising. A heat wave is a prolonged period of excessive heat, often combined with excessive humidity. Extreme heat is defined as temperatures that hover 10°F or more above the average high temperature for the area and last for prolonged periods. The body must work hard to maintain its normal temperature during these periods so heat cramps, heat exhaustion and heat stroke are very real risks. The elderly, the very young and the disabled are even more at risk.

What can you do during a heat wave?

- Seek air conditioning if you don't have it at home – shopping malls and other public places offer good refuges.
- Avoid strenuous activities during the hottest part of the day.
- Wear lightweight, light-colored clothing. Protect the face and head by wearing a wide-brimmed hat.
- Check on family members and neighbors who may need assistance.
- Drink plenty of fluids, check with your doctor if you are on a fluid restrictive diet. Drinking alcohol causes additional dehydration.
- Take frequent breaks and seek shade, allow the body to cool down.