



Avoid Heat-related Injuries

The best defense is prevention.

- Drink more liquids (without alcohol), regardless of your activity level. Don't wait to be thirsty to drink water. Please note: If your doctor is limiting the amount of liquids that you can drink or has prescribed diuretics, ask how much you should drink when you are exposed to high temperatures.
- Don't drink liquids that contain caffeine, alcohol or large amounts of sugar: these make you lose more water. Also avoid drinking very cold drinks - these can cause stomachaches.
- Remain inside the house if possible, in a place with air conditioner. If your house does not have it, go to a local mall, community center or the public library – a few hours in an air conditioned facility can help your body stay fresher when it returns to the heat.
- Electric fans can provide comfort, but when the temperature is almost at 100° F, fans are not going to avoid illnesses related to heat exposure. Taking a cold shower or moving to place with air conditioning is the best way to get refreshed.
- Use comfortable, loose clothing and light colors.
- NEVER leave a person or pet in a parked and closed vehicle.
- Even though a person can suffer at any time of diseases related to the heat, some persons have a higher risk than others. Watch the following closely:
 - Infants and children of up to 4 years of age.
 - Those who are 65 years of age or older.
 - Those with mental disabilities.
 - Those with physical impairments, especially those with heart disease or high blood pressure.
- Visit all adults with higher risk at least twice a day and observe carefully if they show symptoms of heat exhaustion. Infants and children need to be watched more closely.

If you must expose yourself to the heat:

- Try to leave before noon or until dusk.
- Reduce the amount of physical activity you engage in. If you must, drink every hour from two to four glasses of cold non-alcoholic liquids. Sport drinks can replace the salt and the minerals that you lose while sweating. Warning: If you are in a regime with minimal salt intake, speak with your doctor before ingesting sports drinks.
- Try to rest often in shaded areas.
- Protect yourself from the sun by wearing a wide brim hat (that also keeps you fresher), shades and apply sun block of Factor 15 (SPF 15 increases up to 15 times the natural protection) or greater (most effective products indicate "ample spectrum" or "protection UVA/UVB" on the label).