

# TRIPLE DIGITS ARE HERE!

## TIPS DURING HOT SUMMER DAYS! BE PREPARED!

**BE SAFE! STAY COOL! DRINK WATER! STAY INSIDE!**



### WATCH FOR THE SIGNS OF HEAT EXHAUSTION!

- Heavy sweating
- Weakness
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

### WATCH FOR THE SIGNS OF HEAT STROKE!

- High body temperature (above 103.0° F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

1. If you have work to do outside do it during the early morning or late evening hours.
2. Stay in air conditioned buildings as much as possible.
3. Avoid direct sunlight.
4. Drink more water than usual and don't wait until you are thirsty to drink.
5. Avoid alcohol or liquids containing large amounts of sugar.
6. Wear loose, lightweight, light colored clothing.
7. Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.
8. Take cool showers or baths to cool down.
9. Do not rely on a fan as your primary cooling device during an extreme heat event.
10. Check on a friend or neighbor especially if they are elderly, disabled, ill or frail.

*Seek medical care immediately if you have or someone you know has symptoms of heat-related illness.*



**Saint Alphonse**