
EXTREME HEAT

....A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for those who don't take the proper precautions.

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed, and the body must work extra hard to maintain a normal temperature. Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Listen to local weather forecasts, and stay aware of upcoming temperature changes.

IN GENERAL:

- Stay indoors as much as possible and limit exposure to the sun.
- Eat well-balanced, light, and regular meals.
- Drink plenty of water, even if you do not feel thirsty. Avoid drinks with caffeine. Limit intake of alcoholic beverages.
- Avoid extreme temperature changes.
- Postpone outdoor games and activities.

IF OUTDOORS:

- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
 - Protect face and head by wearing a wide-brimmed hat.
 - Avoid strenuous work during the warmest part of the day. Take frequent breaks if you must work.
 - Consider spending the warmest part of the day in buildings such as libraries, schools, theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the evaporation rate of perspiration.
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