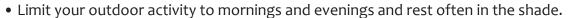
LIVING WELL

Healthy Living Tips

Weather Safety Tips PA Department of Health

Extreme heat happens when temperatures are much hotter and/or there is more humidity than normal. The following tips and links will help you and your loved ones stay safe during dangerous heat waves.

- Stay indoors in air conditioning as much as possible.
- Drink plenty of water during the day don't wait until you are thirsty!
- Outdoor workers should drink between two and four cups of water every hour while working.
- Avoid drinks with caffeine, alcohol or large amounts of sugar.



- Wear light-colored and loose-fitting clothing, a hat, sunglasses and an SPF15 or higher sunscreen.
- Check on those who may be more at risk from high temperatures like:
 - o Infants and young children
 - o People aged 65 or older
 - o People with chronic medical conditions
- Never leave your children or pets in a vehicle.
- Know the following symptoms of heat stroke, a life-threatening, heat-related illness:
 - o An extremely high body temperature (above 103°F)
 - o Red, hot and dry skin (no sweating)
 - o Rapid, strong pulse
 - o Throbbing headache
 - o Dizziness
 - o Nausea
 - o Confusion
 - o Unconsciousness
- If you think someone has a heat stroke:
 - o Call for emergency medical attention
 - o Get the victim to a shady area
 - o Cool the person rapidly (put them in a tub of cool water, place them in a cool shower, spray them with a garden hose, sponge them with cool water, etc.)
 - o Do not give the victim any fluids (like water) to drink
- Know the symptoms of heat exhaustion:
 - o Heavy sweating
 - o Paleness (skin is a lighter color than normal)
 - o Muscle cramps



LIVING WELL

Healthy Living Tips

Weather Safety continued

- o Tiredness
- o Weakness
- o Dizziness
- o Headache
- o Nausea or vomiting
- o Fainting
- Help the victim cool off and seek medical attention if:
 - o Symptoms are severe
 - o Symptoms last more than one hour
 - o The victim has heart problems or high blood pressure

During extremely hot weather, "cooling stations" may be opened across Pennsylvania for individuals without air conditioning. To find out if there are cooling stations in your area, please contact the appropriate agency below.

Pennsylvania's 52 Area Agencies on Aging (AAA)

Allegheny County Health Department 412-578-8026

> Allentown Bureau of Health 610-437-7760

Bethlehem Health Bureau 610-865-7087

Bucks County Department of Health 215-345-3318

Chester County Health Department 610-344-6225

Erie County Department of Health 814-451-6700

Montgomery County Health Department 610-278-5117

Philadelphia Department of Public Health 215-686-5000

Wilkes-Barre City Health Department 570-208-4268

York City Bureau of Health 717-849-2252/2299



Source: Centers for Disease Control and Prevention (CDC)