



Heat Wave

- A heat wave is an extended time period of abnormally and uncomfortably hot and unusually humid weather. To be a “heat wave” such an interval should last at least one day, but conventionally it lasts from several days to several weeks.
- What should you do to be prepared?
 - Never leave children or pets in a parked car: The temperature can raise to 135 degrees in less than ten minutes, which can cause death.
 - Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest times of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
 - Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
 - Drink plenty of water. Your body needs water to keep cool. Drink plenty of fluids even if you don’t feel thirsty. Persons who (1) have epilepsy or heart, kidney, or liver disease, (2) are on fluid restrictive diets, or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids.
 - Don’t drink alcoholic beverages.
 - Don’t take salt tablets unless specified by a physician. Persons on salt restrictive diets should consult a physician before increasing their salt intake.
 - Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spend some time each day (during hot weather) in an air conditioned environment affords some protection.
 - Don’t get too much sun. Sunburn makes the job of heat dissipation that much more difficult.