

## **STRONGSVILLE FIRE and EMERGENCY**

### **SERVICES DEPARTMENT**

#### **PUBLIC SERVICE ANNOUNCEMENT**

#### **HOT weather Safety**

With hot weather predicted, the Strongsville Fire and Emergency Services Department suggests that you take action now to:

- Minimize the risks of sun and hot weather.
- Prepare your household, pets and workplace.
- Get relief from and avoid the effects of heat.

Adjust your attire and activities to limit sun exposure, heat and exertion!

Plan to wear loose, lightweight and light-colored clothing that covers as much of your skin as practical, and a well-ventilated hat with a wide brim - or carry an umbrella. Allow your home to ventilate in the early morning and evening when it is cooler, and stay indoors or shade whenever possible. Consider cool compresses, misting, a brief tepid shower or bath among your options to beat the heat.

Wear plenty of broad-spectrum sunscreen and limit your exposure to direct sunlight between 10:00 AM and 4:00 PM, when the sun's rays are strongest. If possible, reschedule outdoor work and strenuous activities until the coolest time of the day. If indoors, cover windows that receive morning or afternoon sun with drapes, shades or awnings.

Drink plenty of water *before* you become thirsty and rest in the shade *before* you become tired! Water is normally the best drink during hot weather, and you'll need more than you think. In fact, you can become dehydrated without feeling thirsty. For some, electrolyte-replacing sport drinks may be an option. Make certain those at greatest risk, including infants, children and older adults stay hydrated. If you or a family member have a medical condition or are under a doctor's care, consult with a physician.

Plan on eating and serving light, healthy meals. Avoid drinks with alcohol or caffeine, which make the heat's effect much worse. Steer clear of sugar-filled or excessively cold beverages, and only use salt tablets if directed by a doctor.

Stay aware of your own wellness and that of others. If you feel ill, tell someone immediately. Symptoms of dehydration and heat illness may include dizziness, fatigue, faintness, nausea, muscle cramps, headache and vomiting. Many heat emergencies occur to people exercising, working or staying alone. Use a buddy system and check on older adults, frail or at-risk neighbors at least twice a day. If you suspect someone is experiencing a medical emergency from extreme heat exposure, call 9-1-1.

If your home does not have air conditioning, visit a cool place during the hottest part of the day!

<b>H E A T  I L L N E S S E S</b>	<b>WHAT TO LOOK FOR</b>	<b>WHAT TO DO</b>
	<b>HEAT STROKE</b>	
	<ul style="list-style-type: none"> <li>• High body temperature (103°F or higher)</li> <li>• Hot, red, dry, or damp skin</li> <li>• Fast, strong pulse</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Confusion</li> <li>• Losing consciousness (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>CALL 911 RIGHT AWAY -- HEAT STROKE IS A MEDICAL EMERGENCY.</b></li> <li>• Move the person to a cooler place</li> <li>• Help lower the person's temperature with cool cloths or a cool bath</li> <li>• Do not give the person anything to drink</li> </ul>
	<b>HEAT EXHAUSTION</b>	
	<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale, and clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Tiredness or weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Fainting (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cool place</li> <li>• Loosen your clothes</li> <li>• Put cool, wet cloths on your body or take a cool bath</li> <li>• Sip water</li> <li>• Get medical help right away if: <ul style="list-style-type: none"> <li>◦ You are throwing up</li> <li>◦ Your symptoms get worse</li> <li>◦ Your symptoms last longer than 1 hour</li> </ul> </li> </ul>
	<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"> <li>• Heavy sweating during intense exercise</li> <li>• Muscle pain or spasms</li> </ul>	<ul style="list-style-type: none"> <li>• Stop physical activity and move to a cool place</li> <li>• Drink water or a sports drink</li> <li>• Wait for cramps to go away before you do any more physical activity</li> <li>• Get medical help right away if: <ul style="list-style-type: none"> <li>◦ Cramps last longer than 1 hour</li> <li>◦ You're on a low-sodium diet</li> <li>◦ You have heart problems</li> </ul> </li> </ul>	
<b>SUNBURN</b>		
<ul style="list-style-type: none"> <li>• Painful, red, and warm skin</li> <li>• Blisters on the skin</li> </ul>	<ul style="list-style-type: none"> <li>• Stay out of the sun until sunburn heals</li> <li>• Put cool cloths on sunburned areas or take a cool bath</li> <li>• Put moisturizing lotion on sunburned areas</li> <li>• Do not break blisters</li> </ul>	
<b>HEAT RASH</b>		
<ul style="list-style-type: none"> <li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li> </ul>	<ul style="list-style-type: none"> <li>• Stay in a cool, dry place</li> <li>• Keep the rash dry</li> <li>• Use powder (like baby powder) to soothe the rash</li> </ul>	

Pets, horses and livestock are susceptible to hot weather. See that the special needs of your animals are met, including copious shade and plenty of cool water. Never leave children, pets or dependent persons alone in a hot car! Even with windows down, the temperature inside a parked vehicle can quickly rise to lethal levels. If you see a child, pet or any person alone and in danger in a hot car, call 9-1-1.

# KEEP PETS SAFE & HEALTHY IN THE HEAT



## NEVER LEAVE PETS IN THE CAR

Hot cars can be deadly. Call 9-1-1 if you see a pet or a child in a car alone.



## AVOID HOT SURFACES

Feel the ground before your pet walks on it. Avoid surfaces like asphalt that may burn your pet's paws.



## OFFER WATER & SHADE

Make sure your pet has access to clean, cool water and a shaded area at all times. Move indoor pets, like fish and birds, away from windows or direct sunlight.



## WATCH FOR HEAT STRESS

Excessive panting, drooling, weakness, and reluctance to move in a pet may be caused by heat stress.



## STAY COOL

Call 211 for pet-friendly Cooling Centers where you & your pet can go for free to stay cool.