

Heat Emergency Tips

- Outdoor workers require special precautions during excessive heat conditions and employers must follow California's heat illness prevention regulations (www.dir.ca.gov/oshsb/heatillnessoalttext.doc).
- Children up to age 4, people taking certain medications, persons with disabilities, and seniors age 65 and over are particularly less able to cope with hotter weather and should be monitored throughout the day for signs of heat-related illness.
- Regardless of your activity level, drink more fluids —especially water—and more than you think you need. Your body needs water for many crucial functions and dehydration can lead to serious health effects.
- Make sure clothing is lightweight and comfortable and—if you're planning to be outdoors—avoid the hottest parts of the day by scheduling activities during cooler hours (generally mornings and evenings). Also be sure to wear a hat and use sunscreen because sunburn affects the body's ability to cool itself.
- Don't over exert. Stay cool indoors by turning on an air conditioner or evaporative cooling system. If you don't have access to air conditioned space at home, please visit a local shopping mall, senior center, public library, community center, or other facility that is open to the public.
- Do not rely only on electric fans during a heat wave. When the temperature is in the 90s or above, a fan will not prevent heat-related illness. A cool shower or bath is a better way to beat the heat and keep body temperatures a safer levels.
- Use common sense. Avoid hot meals and heavy, spicy foods when the weather gets hot. Eat smaller meals more often.
- Never leave infants, children, or pets unattended in your vehicle, not even for a moment.
- If you, or someone you know, may be at risk for heat-related illness, talk to a doctor or pharmacist.
- And call 911 in the event of a true health emergency

Visit www.dhs.ca.gov or www.redcross.org for comprehensive guidelines about staying healthy in hot weather.