

12 Tips for Staying Cool This Summer

- Be aware of the heat. Pay attention to it and modify your activities appropriately.
- Pay attention to your hydration status, and be sure to drink plenty of fluids.
- Try to stay in relatively cool areas, even when outside. Many public places such as libraries, shopping malls and movie theatres are air conditioned.
- Avoid hot enclosed places, such as cars. Never leave children unattended in a car parked in the sun.
- Use a fan, if available.
- Stay on the lowest floor of your building.
- Eat well-balanced, light and regular meals.
- Wear loose-fitting, lightweight and light-colored clothing.
- Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool.
- Weather stripping and proper insulation will keep cool air inside your home.
- Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body's ability to regulate its temperature.

8 Signs of Heat Overexposure

- Heavy sweating, but if heat stroke sets in, the body can no longer compensate and stops sweating.
- Pale skin
- Muscle cramps
- Feeling tired and weak

- Altered mental status (confusion or disorientation)

- Headache

- Becoming semi-conscious, or passing out.

- Nausea or vomiting

6 First Steps to take After Recognizing Heat-Induced Illness

- Call 911.

- Get the person out of the sun and into a cool area. An air-conditioned area is ideal, but moving someone into the shade will also help.

- Apply water to help the person cool off.

- Apply ice to the neck or armpits, where large blood vessels are close to the surface.

- Remove any heavy clothing

- Immerse the body in cool water, either at a swimming pool or in a bathtub.