



## MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT

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# Hot Weather Tips

## Extreme Heat Prevention

To protect the health of yourself, others, and pets when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

- Get informed (listen to local news and weather)
- Stay cool indoors
  - Air-conditioning is the number one protective factor against heat-related illness and death
  - If your home does not have air-conditioning, call your local Police Department, Office of Emergency Management or Health Department to see if there are Cooling Centers in your area
- Drink plenty of fluids
  - Talk to your doctor about how much water you should drink when the weather is hot
- Do not drink liquids that contain alcohol, or large amounts of sugar
- Avoid very cold liquids
- Replace salts and minerals
  - A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.
- Talk to your doctor about the effects of prescription medicines you are taking
- Avoid hot foods and heavy meals
- Use your stove and oven less
- Take a cool shower or bath
- Rest
- Wear lightweight, light-colored, loose fitting clothing
- Wear a wide-brimmed hat and sunglasses if you go outdoors
- Apply sunscreen (SPF 15 or higher) 30 minutes prior to going outside and reapply according to package directions
- Limit outdoor activity to morning and evening hours
- When outdoors try to rest often in shady areas
- Pace yourself
- Do not engage in strenuous activities
- Use a buddy system
- Monitor those at high risk (infants and children; people aged 65 or older; people who have a mental illness; and those who are physically ill, especially with heart disease or high blood pressure)
- Do not wait in or leave infants, children, or pets in a parked car
- Provide cool water for your pets

**Source of information:** Centers for Disease Control and Prevention <http://www.bt.cdc.gov/disasters/extremeheat/>