

Appendix E: Tip Sheet for Individuals

Extreme Heat Tip Sheet for Individuals

Tips for staying cool and hydrated on hot days

During periods of extreme heat, people can take certain precautions to prevent heat-related illnesses. The most important thing people can do to prevent illnesses from extreme heat is to stay cool and hydrated.

The following are basic safety tips people can use during hot days to stay cool and hydrated.

Stay hydrated!

- Drink plenty of fluids, especially water
- Do not wait until you are thirsty before you drink fluids (except if advised to reduce fluid intake by your doctor)
- Avoid drinking alcohol
- Avoid drinks that are high in sugar
- Avoid very cold drinks — they can cause stomach cramps

Stay cool!

- Stay indoors, in an air-conditioned place
- Visit air-conditioned places (e.g., malls, libraries) if your home is hot
- Electric fans will not prevent heat-related illnesses when the temperature reaches the high 90s and above
- Wear lightweight, light-colored, loose fitting clothing
- Take a cool shower or bath

If you must be outside in the heat:

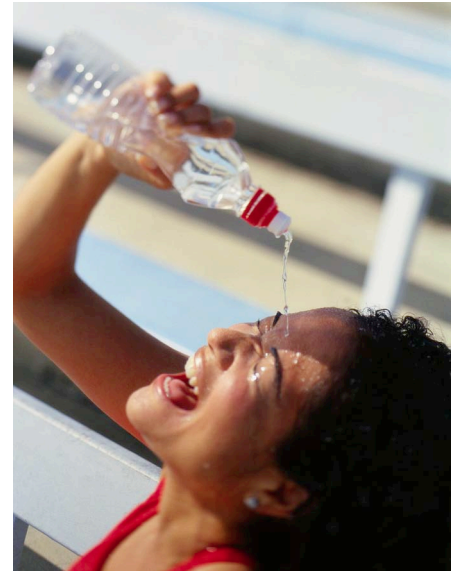
- Limit outdoor activity to morning and evening hours
- Avoid strenuous exercise
- If you must exercise, pace yourself
- Drink plenty of fluids
- Rest often in the shade or in an air-conditioned building

Check on persons at more risk to extreme heat:

- Do not leave children or pets in cars!
- Check on the elderly and other vulnerable persons frequently and monitor them for signs or symptoms of heat illnesses
- Encourage friends and relatives to check on vulnerable persons in their family and/or in their neighborhood

Stay informed!

- Listen daily to the local news for the weather forecast
- Get health and safety information from your local public health department
- Learn about the symptoms of heat-related illnesses, watch out for the symptoms and carry out preventive measures and first aid



For more information, visit the MDH Extreme Heat website at
<http://www.health.state.mn.us/divs/climatechange/extremeheat.html>