

PREVENT HEAT REACTIONS BY STAYING COOL

- ☀ Drink lots of liquids; avoid caffeinated beverages which act as dehydrators.
- ☀ Eat light, but well-balanced meals.
- ☀ Wear loose-fitting, lightweight and light-colored clothing.
- ☀ Take frequent cool showers.
- ☀ Reduce activity and spend time in air-cooled areas (e.g. libraries, malls).
- ☀ Stay out of the sun at the hottest times of the day.
- ☀ Close blinds against direct sunlight.
- ☀ After sunset open windows top and bottom to allow cross-ventilation.



HOT WEATHER COOKING TIPS

Cook foods for several meals at a time, or plan menus that can be cooked all at once at the same oven temperature.

Use a microwave or a small appliance (toaster oven) instead of the oven to help keep the kitchen temperature lower.

Pack food in an insulated carrier to transport, and never leave food unrefrigerated.

Turn off lights. Use fluorescent lights whenever possible instead of incandescent bulbs. They give more light and less heat.

PROTECT YOUR SKIN

Prevent Skin Cancer

By protecting yourself from the sun, you will protect yourself from skin cancer.

- ☀ Avoid the strongest rays of the sun, from 10 a.m. to 3 p.m.
- ☀ Wear wide-brimmed hats, long sleeves, and long pants, and use sunglasses to protect your eyes.
- ☀ Use a sunscreen with a Sun Protection Factor (SPF) of at least 15. Reapply after swimming or sweating.
- ☀ Remember – clouds and haze do not completely block the sun's harmful rays.

Aids to Detection

- ☀ Do a monthly skin self-exam.
- ☀ Examine your body front and back, from head to toes, using a mirror.
- ☀ Check for anything new – a change in the size, shape or color of a mole, a sore that does not heal, a change of skin color, an unusual growth or red scaly patches.
- ☀ Notify your doctor of any changes in your skin. Be sure your doctor checks your skin during routine physical exams.

EDWARD P. MANGANO
County Executive

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*County of Nassau
Office for the Aging*

HEAT EXHAUSTION is characterized by fatigue, weakness and collapse due to inadequate intake of water to compensate for loss of fluids through sweating. **Medical help may be needed.**

SYMPTOMS

- ☀ **Normal or slight elevation of body temperature**
- ☀ **Pale or clammy skin**
- ☀ **Profuse perspiration**
- ☀ **Tiredness and weakness**
- ☀ **Headache, dizziness and nausea**
- ☀ **Possible vomiting or fainting**

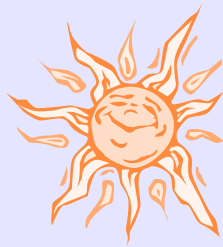
WHAT TO DO

- ☀ Give victim sips of salt water (1 level teaspoon per quart; half a glass every 15 minutes) for about one hour.
- ☀ Have victim lie down, raise feet 8-12 inches and loosen clothing.
- ☀ Apply cool, wet cloths and use a fan or move victim to an air-conditioned room.
- ☀ Call a doctor, or dial 911 if victim does not respond.
- ☀ If victim vomits, do not give any more fluids. Take victim as soon as possible to a hospital where appropriate measures will be taken.
- ☀ After an attack of heat exhaustion, advise victim to rest, decrease work hours and regular activities and remain protected from exposure to abnormally warm temperatures.

HEAT STROKE is an immediate, life-threatening emergency characterized by extremely high body temperature and disturbance of the sweating mechanism, **for which medical care is urgently needed.**

SYMPTOMS

- ☀ **High body temperature**
- ☀ **Hot, red, dry skin**
- ☀ **Rapid, strong pulse**
- ☀ **Possible delirium or unconsciousness**
- ☀ **Cramps – beginning in abdomen or legs**



WHAT TO DO UNTIL MEDICAL HELP ARRIVES

Take immediate measures to cool the body quickly. Once temperature is below 102° F., be careful not to over chill the victim. Call a doctor or dial 911 for Emergency Medical Service (EMS).

If body temperature reads 105°F.:

- ☀ Elevate legs above chest.
- ☀ Repeatedly sponge bare skin area with cold water or rubbing alcohol, or continually apply cold packs especially to neck, ankles, wrists and armpits.
- ☀ If possible, place victim in a tub of cold water (do not add ice) until body temperature is lowered sufficiently.
- ☀ Use fans or air conditioning to promote cooling.
- ☀ DO NOT give victim stimulants.
- ☀ If victim's temperature begins to go up again, restart the cooling process.
- ☀ Remember: Call a doctor or 911.