



# Extreme Heat Safety

Dial "211" for a Cooling Center near you!

	Signs & Symptoms	First Aid	Prevention Tips
<b>Heat Stroke</b>	<p><b>Warning signs vary but may include the following:</b></p> <ul style="list-style-type: none"> <li>• Body temperature (above 103°F)</li> <li>• Red, hot, &amp; dry skin (no sweating)</li> <li>• Rapid, strong pulse</li> <li>• Throbbing headache</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Seizure</li> <li>• Unconscious</li> </ul>	<ul style="list-style-type: none"> <li>▪ Check Pulse &amp; Breathing</li> <li>▪ Send someone to CALL 911 &amp; report back to you</li> <li>▪ Move person to cool place</li> <li>▪ Loosen tight clothing</li> <li>▪ Remove perspiration-soaked clothing</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Stay indoors if possible:</b> If your home does not have air conditioning, go to a shopping mall or public library during very hot days. <i>Dial 211 for Cooling Centers in your area.</i></li> <li>▪ <b>Drink more fluids:</b> Regardless of your activity level, drink more liquids such as hydration drinks that help to replace electrolytes (no caffeine, alcohol, or sweetened drinks). If your doctor limits the amount of fluid you drink or you are on water pills, ask how much you should drink when the weather is hot.</li> <li>▪ <b>Dress for the heat:</b> Wear light-colored, light weight, loose fitting clothes. Wear a wide-brimmed hat or use an umbrella while in the sun. Remember sun screen &amp; sun glasses!</li> <li>▪ <b>Elderly &amp; Infants:</b> Infants, young children, &amp; the elderly are more vulnerable &amp; require frequent monitoring for signs of heat exhaustion or heat stroke.</li> <li>▪ <b>Remember your pets:</b> Always provide a source of water &amp; a cool place for your pet. <b>Never</b> leave your pet in a car, even with open windows.</li> <li>▪ <b>NEVER leave a child, elderly person, or pet alone in a car.</b></li> </ul>
<b>Heat Exhaustion</b>	<p><b>Warning signs vary but may include the following:</b></p> <ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Paleness</li> <li>• Muscle Cramps</li> <li>• Tiredness</li> <li>• Weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Nausea or vomiting</li> <li>• Fainting</li> <li>• Skin: may be cool &amp; moist</li> <li>• Pulse rate: fast &amp; weak</li> <li>• Breathing: fast &amp; shallow</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fan the person</li> <li>▪ If conscious, give cool water to drink</li> <li>▪ If person refuses water, vomits, or starts to lose consciousness, CALL 911 immediately and place the person on their side, continue to cool, monitor pulse and breathing</li> </ul>	

See 'Children & Cars' other side...

# Children & Cars



**Remember always take your child with you!**

- **Never leave a child alone in a vehicle ~ *It's the Law!***
- **Once at your destination, before leaving your car:**
  - Make sure all occupants when you leave your car
  - Take all children, including sleeping infants with you
  - Lock the doors of your car
  - Keep keys out of children's reach

## California Law prohibits leaving children alone in a vehicle

- **Between 1998-2010, 465 children died of hyperthermia from being left in a vehicle (Golden Gate Weather Services 2010)**
- **What lead to these deaths?**
  - 51% - Child "forgotten" by caregiver
  - 30% - Child playing in unattended vehicle
  - 18% - Child intentionally left in vehicle by adult
  - 1% - Circumstances unclear
- **Why does this happen?**
  - A child's body temperature rises faster than an adult's. Even leaving a window open is not enough. It is never safe to leave a child alone in a parked car because the sun's radiation warms objects inside of the car, such as the dashboard, steering wheel, child seat, etc., then these heated objects quickly heat the trapped air inside of the car, similarly to that of a convection oven.



1. The sun's radiation heats objects inside your car, such as the dashboard, steering wheel, child seat, etc...



2. These heated objects then heat the trapped air inside of the car, similarly to that of a convection oven.

(Images by: Golden Gate Weather Services)

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