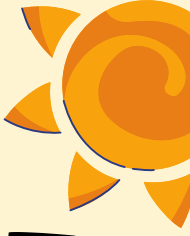


PREPARE FOR

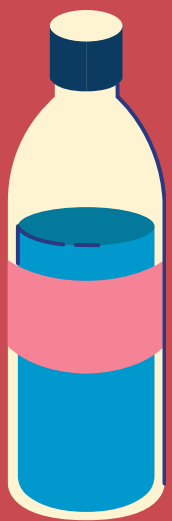


EXTREME HEAT



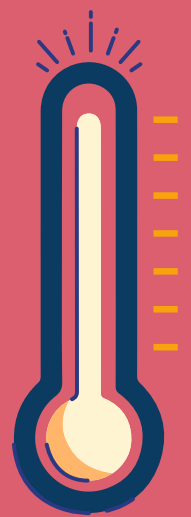
- LEARN TO RECOGNIZE THE SIGNS OF HEAT ILLNESS.
- DO NOT RELY ON ONLY A FAN TO AS YOUR PRIMARY COOLING DEVICE. FANS CREATE AIR FLOW AND A FALSE SENSE OF COMFORT, BUT DO NOT REDUCE BODY TEMPERATURE OR PREVENT HEAT ILLNESS.

- IDENTIFY PLACES IN YOUR COMMUNITY WHERE YOU CAN GO TO GET COOL SUCH AS LIBRARIES AND SHOPPING MALLS OR PARKS WITH WATER FEATURES.
- WEATHER-STRIP DOORS AND WINDOWS.



- USE WINDOW REFLECTORS SPECIFICALLY DESIGNED TO REFLECT HEAT BACK OUTSIDE.
- ADD INSULATION TO KEEP THE HEAT OUT.

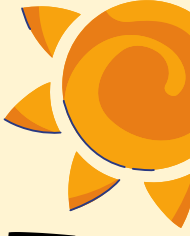
- USE A POWERED ATTIC VENTILATOR, OR ATTIC FAN, TO REGULATE THE HEAT LEVEL OF A BUILDING'S ATTIC BY CLEARING OUT HOT AIR.
- INSTALL WINDOW AIR CONDITIONERS AND INSULATE AROUND THEM.



- IF YOU ARE UNABLE TO AFFORD YOUR COOLING COSTS, WEATHERIZATION OR ENERGY-RELATED HOME REPAIRS, CONTACT THE LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) FOR HELP.



STAY SAFE DURING

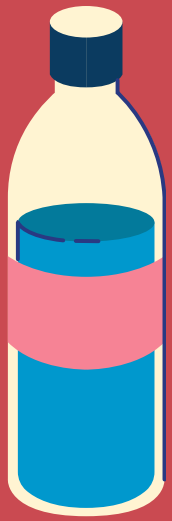


EXTREME HEAT



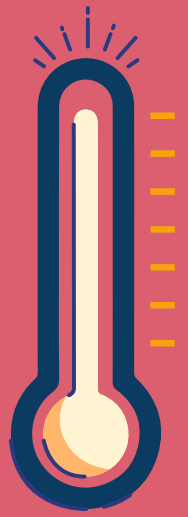
- NEVER LEAVE PEOPLE OR PETS IN A CLOSED CAR ON A WARM DAY.
- IF AIR CONDITIONING IS NOT AVAILABLE IN YOUR HOME GO TO A COOLING CENTER.

- TAKE COOL SHOWERS OR BATHS.
- WEAR LOOSE, LIGHTWEIGHT, LIGHT-COLORED CLOTHING.
- USE YOUR OVEN LESS TO HELP REDUCE THE TEMPERATURE IN YOUR HOME.



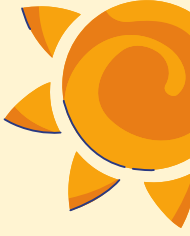
- IF YOU'RE OUTSIDE, FIND SHADE. WEAR A HAT WIDE ENOUGH TO PROTECT YOUR FACE.
- DRINK PLENTY OF FLUIDS TO STAY HYDRATED.

- AVOID HIGH-ENERGY ACTIVITIES OR WORK OUTDOORS, DURING MIDDAY HEAT, IF POSSIBLE.
- CHECK ON FAMILY MEMBERS, OLDER ADULTS AND NEIGHBORS.
- WATCH FOR HEAT CRAMPS, HEAT EXHAUSTION AND HEAT STROKE.



- CONSIDER PET SAFETY. IF THEY ARE OUTSIDE, MAKE SURE THEY HAVE PLENTY OF COOL WATER AND ACCESS TO COMFORTABLE SHADE. ASPHALT AND DARK PAVEMENT CAN BE VERY HOT TO YOUR PET'S FEET.

HEAT RELATED



ILLNESS



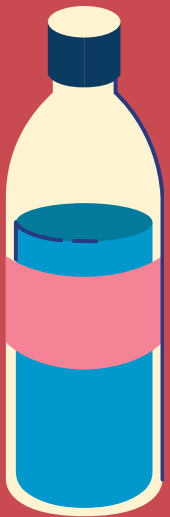
KNOW THE SIGNS OF HEAT-RELATED ILLNESSES AND WAYS TO RESPOND. IF YOU ARE SICK AND NEED MEDICAL ATTENTION, CONTACT YOUR HEALTHCARE PROVIDER FOR ADVICE AND SHELTER IN PLACE IF YOU CAN. IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY CALL 9-1-1.

HEAT STROKE SIGNS:

- EXTREMELY HIGH BODY TEMPERATURE (ABOVE 103 DEGREES F) TAKEN ORALLY
- RED, HOT AND DRY SKIN WITH NO SWEAT
- RAPID, STRONG PULSE
- DIZZINESS, CONFUSION OR UNCONSCIOUSNESS



IF YOU SUSPECT HEAT STROKE, CALL 9-1-1 OR GET THE PERSON TO A HOSPITAL IMMEDIATELY. IF POSSIBLE: MOVE THE PERSON SUFFERING FROM HEAT STROKE INTO A COOL AREA; REMOVE ANY OUTER CLOTHING; PLACE A COLD WET CLOTH OR ICE PACK ON THE HEAD, NECK, ARMPITS AND GROIN, OR SOAK THE PERSON'S CLOTHING WITH COOL WATER; ELEVATING THEIR FEET

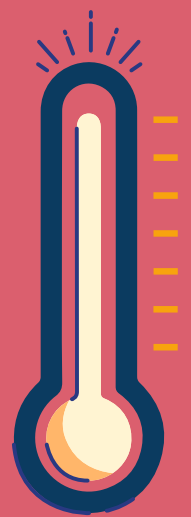


HEAT CRAMPS SIGNS:

- MUSCLE PAINS OR SPASMS IN THE STOMACH, ARMS OR LEGS

HEAT EXHAUSTION SIGNS

- HEAVY SWEATING, PALENESS, MUSCLE CRAMPS, TIREDNESS, WEAKNESS, FAST OR WEAK PULSE, DIZZINESS, HEADACHE, FAINTING, NAUSEA, VOMITING



IF YOU HAVE SIGNS OF HEAT CRAMPS OR HEAT EXHAUSTION, GO TO A COOLER LOCATION AND COOL DOWN BY REMOVING EXCESS CLOTHING AND TAKING SIPS OF SPORTS DRINKS OR WATER. CALL YOUR HEALTHCARE PROVIDER IF SYMPTOMS GET WORSE OR LAST MORE THAN AN HOUR.

