



ADAMS COUNTY FIRE RESCUE

Extreme Heat Safety Tips

- Know the signs of heat-related illnesses. These include in order of progression: heat rash, sunburn (sunburn reduces the body's ability to cool off), heat cramps, heat exhaustion and heat stroke. Heat stroke is a severe medical emergency.
- Stay indoors and limit your exposure to the sun.
- If possible move outdoor work to morning or evening hours.
- Wear light-colored, lightweight, loose-fitting clothing.
- Drink plenty of water and replace electrolytes. Avoid heavy meals, caffeine and alcohol.
- Do not wait until you are thirsty to drink water.
- At minimum, you should be drinking eight, 8-ounce glasses of water a day.
- Protect face and head; wear a wide-brimmed hat.
- Sunscreens with and SPF of 30 or more applied 30 minutes prior to going outside should be applied to all surfaces that will be exposed the sun.
- Check on friends and family, especially the elderly.
- NEVER leave children or pets alone in closed vehicles.
- Ensure pets have plenty of water and access to shade throughout the day.