

FLASH

cards



FLASH
SAFE



FLASH[®]

FEDERAL ALLIANCE FOR SAFE HOMES

Heat Wave Safety

Excessive heat comparably kills as many people in the US each year as hurricanes. The elderly, very young, obese and those who work outdoors or have substance abuse problems are most at risk from succumbing to heat. Additionally, people in urban areas are more susceptible as asphalt and cement tend to hold in heat throughout the night.

When temperatures soar, follow these safety rules:

- The coolest part of the day is normally around sunrise. If you must do strenuous activity, do it in the morning.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine.
- Drink plenty of water regularly and often, even if you don't feel thirsty. Water is the best liquid to drink during a heat wave. Avoid alcohol and caffeine as they can intensify the heat's effect on your body. This is especially true about alcohol because it accelerates dehydration.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Never leave children or pets in the car, even with the windows down. Although the outside air temperatures may be comfortable, temperatures can rapidly rise 40 to 50 degrees inside a poorly ventilated vehicle and create oven-like conditions in an hour or less.
- Avoid using salt tablets unless directed to do so by a physician.

Protect your home in a *FLASH* with
the Federal Alliance for Safe Homes!

www.flash.org ■ toll-free 1-877-221-SAFE

www.fema.gov