

## **EXTREME WEATHER ADVISORY**

Follow the simple measures recommended below for protection against extreme weather-related illnesses:

### **COLD WEATHER**

- ❖ Maintain a heated environment inside your home of at least 68 degrees during the day and evening, 63 degrees at night
- ❖ When exposed to cold weather outside, wear layers of warm, dry clothing, including a head covering and gloves
- ❖ Drink non-alcoholic beverages such as tea, coffee, hot chocolate, and soup
- ❖ Maintain good nutrition and get plenty of rest
- ❖ Check with your doctor when using prescription drugs (some medications may lower tolerance levels for cold)
- ❖ If you live alone, keep in contact with friends and family
- ❖ Do **NOT** use an oven for heating the room
- ❖ Be aware that space heaters can be a fire risk; follow directions for safe use
- ❖ If you are 65 years or older, are disabled, or have a chronic illness, talk to your doctor about getting a flu shot every year

#### **Common symptoms of cold-related health problems include:**

- Stiff muscles
- Slowed breathing
- Puffy face
- Poor physical condition
- Mental confusion

### **HOT WEATHER**

- ❖ Drink plenty of fluids
- ❖ Avoid unnecessary physical activity if you are outside or in a non-air conditioned building
- ❖ Avoid going out in the heat and direct sunlight if you can
- ❖ When exposed to direct sunlight, wear a head covering, preferably a hat with a wide brim
- ❖ Avoid heavy meals, eat smaller ones
- ❖ Avoid alcoholic beverages, coffee, and cola
- ❖ Wear loose-fitting light cotton clothing
- ❖ Ask your physician if you need to make any changes to your daily medication when exposed to high temperatures
- ❖ Do not wait in or leave anyone unattended in closed cars or other vehicles, because heat build-up exceeds tolerance levels very quickly; doing so may result in serious illness or death
- ❖ Avoid using your oven
- ❖ Keep electric lights down low or turned off
- ❖ Keep shades drawn and blinds closed, but windows slightly open
- ❖ Take a cool bath or shower periodically; use cool towels
- ❖ If you live alone, keep in contact with friends and family

#### **Common symptoms of heat-related health problems include:**

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|-------------------------|------------------|
| ▪ Profuse sweating      | ▪ Nausea         |
| ▪ Headache              | ▪ Dizziness      |
| ▪ Extreme tiredness     | ▪ Cold damp skin |
| ▪ Weakness              | ▪ Hot dry skin   |
| ▪ Dim or blurred vision |                  |

**IF YOU NEED EMERGENCY MEDICAL ATTENTION, CALL YOUR DOCTOR OR 9-1-1 IMMEDIATELY**