



Heat Risks Emergency instructions

During a heat wave,

1. When possible, avoid being in open areas from the hours of 12 p.m.-6 p.m. This is when the sun is strongest.
2. Avoid alcoholic beverages, consume light meals, and eat fresh fruits and vegetables. Alcohol and heavy meals increase heat production inside your body.
3. Take cold baths or showers to lower your body temperature.
4. Wear lightweight clothing with natural fibers. Clothes with synthetic fibers impede sweating, and thus the dispersion of heat.
5. Shield the windows with blinds or curtains, to help avoid heat entering the inside.
6. Offer help to neighbors, relatives and friends living alone, and make sure that their health is okay. Most victims of heat waves live alone.
7. Drink lots of water. The elderly have to drink even when they are not thirsty. Even when you are not thirsty, your body still might need water.
8. Stay in areas with air conditioning as much as possible to avoid exposure to high temperatures.