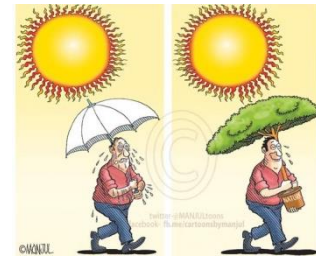


HEAT WAVE

Before

- Install temporary window reflectors such as aluminum foil- covered cardboard so as to reflect heat back outside. This will help keep the rooms pleasant.
- Cover windows that receive morning or afternoon sun with drapes, shades.
- Listen to local weather forecasts and stay aware of temperature changes.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- Get trained in first aid to learn how to treat heat- related emergencies.
- Plant trees for shades.



During

- Never leave children or pets alone in closed vehicles or under direct sunlight for long.
- Stay indoors as much as possible and limit your exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Eat well-balanced, light and regular meals.
- Drink plenty of water; even if you do not feel thirsty. Keep yourself hydrated.
- Persons with epilepsy, heart, kidney, or liver disease; on fluid- restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Protect face and head by wearing a hat or cloth.

