

HEAT AWARENESS SAFETY DAY

Heat is the number one weather-related killer in the United States resulting in hundreds of fatalities each year. In fact, on average, excessive heat claims more lives each year than floods, lightning, tornadoes, and hurricanes combined. May 25th is Heat Awareness Safety Day.

Here are some Heat Wave Safety Tips:

- Slow down. Reduce, eliminate, or reschedule strenuous activities until the coolest time of the day. Children, seniors, and anyone with health problems should stay in the coolest available place, not necessarily indoors. If you are a caregiver and need to take a break, consider using a licensed home care agency such as MyPillar Health Care to provide respite care for you.
- Dress for summer. Wear lightweight, light-colored clothing to reflect heat and sunlight.
- Put less fuel on your inner fires. Foods, like meat and other proteins that increase metabolic heat production also increase water loss.
- Drink plenty of water, non-alcoholic, and decaffeinated fluids. Your body needs water to keep cool. Drink plenty of fluids even if you do not feel thirsty. Persons who have epilepsy or heart, kidney or liver disease, are on fluid restrictive diets or have a problem with fluid retention should consult a physician before increasing their consumption of fluids. Do not drink alcoholic beverages and limit caffeinated beverages.
- During excessive heat periods, spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the

heat. If you cannot afford an air conditioner, go to a library, store or other location with air conditioning for part of the day.

- Never leave anyone (children, older adults, or pets) in a parked car.

Temperatures inside a car can rise very rapidly. Rolling windows down DOES NOT significantly decrease the heat inside the car.

- Do not get too much sun. Sunburn reduces your body's ability to dissipate heat.
- Do not take salt tablets unless specified by a physician
- Monitor for signs of heat exhaustion or heat stroke, including elevated body temperature, weakness, clammy skin, fainting, and vomiting. Seek immediate medical attention for these warning signs.

Find sources and further information at: The National Weather Service

(www.nsw.noaa.gov) and Centers for Disease Control and Prevention Body and Mind (www.bam.gov).

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