

## **What You Should Do If The Weather Is Extremely Hot**

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine, pull the shades over windows, and use cross-ventilation and fans to cool rooms if air conditioning is not available.
- Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Limit use of stoves and ovens to keep home temperatures lower.
- A cool shower or bath is an effective way to cool off.
- Limit exercise and outdoor activity between the hours of 11 a.m. and 3 p.m. when the sun is at its peak intensity.
- Consider spending the warmest part of the day in air conditioned public buildings such as libraries, movie theaters, shopping malls, and other community facilities.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water regardless of activity level. Don't wait until thirsty to drink fluids; drink more liquid than one's thirst indicates. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Avoid beverages containing alcohol, caffeine or large amounts of sugar as they dehydrate the body.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat, and sunglasses to protect your eyes.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave infants, children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks in shady areas.

Sources: Maryland Emergency Management Agency (MEMA) & Federal Emergency Management Agency (FEMA)