## low can you avoid heat stress?

Using common sense to stay cool is the ıost important protection and taking esponsibility to help older people, young hildren and others is the most important rotection a family or community has for ıe health of all its members. In excessive eat:

- drink two-to-five times more than usual amounts of water and non-sugar, non-alcoholic beverages to replace fluids lost in perspiration.
- wear loose-fitting, lightweight, light-colored clothing and wide-brimmed hats while in the sun.
- use sunscreens with an SPF 15 or more.
- take frequent breaks limiting physical activity. If warning signs, such as pounding heart and shortness of breath occur, stop to rest in a cooler place.
- stay in an air-conditioned area if possible. People who lack air conditioning at home may spend the hot hours of the day in air-conditioned public places. If no air conditioning is available, fans are helpful.
- use a buddy system between co-workers in high-heat-stress jobs.

People 65 or older should have a friend ır relative check on them or call twice daily luring a heat wave.

Some cities offer air-conditioned heat-elief shelters and many suspend utility cut-ffs for people who are unable to afford ısing their air conditioners.

While planning activities, choose cooler ıours to be outdoors. Before prolonged vork or exercise away from the safety of ir conditioning, listen to weather forecasts. 'orecasters often predict both the heat nd the humidity and give special heat varnings.

TDH Texas Heat Wave "Neighbors helping neighbors"

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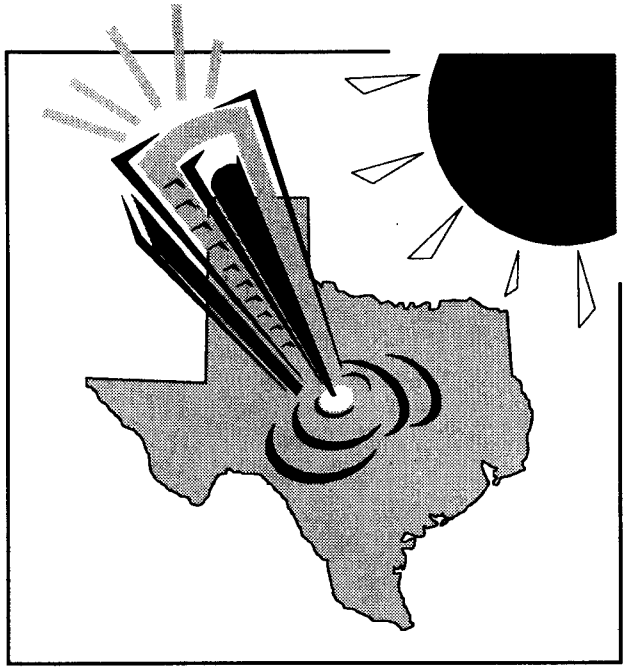

# Sweating out a Texas heat wave

*A guide to preventing hot weather illness*