

Hot Weather

Stay indoors during extreme heat in air conditioning if possible. Drink lots of water – not sugared, alcohol or drinks that contain caffeine. Eat light meals. Never ever leave a pet or a person in a parked and closed vehicle – the air inside can reach extreme and un-survivable temperatures in a matter of minutes. Try not to overexert yourself in the heat. If you begin to feel heat sickness (cramps, dizziness, headaches, nausea), drink some cool (not cold) water or sport drink and try to get out of the heat. If this does not alleviate your symptoms within a matter of minutes, seek medical help ASAP.

The information provided on the website www.getemergencyprepared.com does not in any way guarantee or promise your safety or survival in any disaster or situation. This is for informational purposes only and is to be used at the discretion of the individual, family, or group that is using it. Not all information or suggestions apply to all people and / or situations and people are encouraged to use common sense in all situations. This document may be reproduced and used in its original context by individuals and groups in order to prepare themselves to deal with emergencies and disasters and their aftermath. Give credit to www.getemergencyprepared.com