

# CHICAGO FIRE DEPARTMENT

## HOT WEATHER SAFETY TIPS



- ▶ **SLOW DOWN-RELAX**
  - Strenuous exercise and exertion should be avoided
  
- ▶ **STAY IN COOL PLACE**
  - Shade
  - Air conditioned building
  - A well ventilated area
  - Stay indoors as much as possible
  - Keep shades and curtains closed during the day
  - Open windows for ventilation in evening
  
- ▶ **FLUIDS**
  - Drink plenty of water and pure fruit juices
  - Soda and drinks with sugar, salt and other additives may take longer to provide relief
  - **NO ALCOHOL OR CAFFEINE**
  - **TAKE COOL BATHS AND SHOWERS**



*Substitute plenty of water and pure fruit juices for alcohol or caffeine during hot weather.*

# ADULT FIRE SAFETY

## ▶ CLOTHING

- Wear light colored, lightweight clothing

## ▶ HELP EACH OTHER

- Check on relatives, friends and neighbors who live alone, are ill or are elderly

### WARNING SIGNS

## ▶ EARLY SIGNS OF HEAT STRESS

- Physical and mental changes
- Lack of energy
- Mild discomfort
- Loss of appetite

### *More Serious Warning Signs of Heat Stress include:*

- Dizziness
- Severe mental changes
- Headache
- Excessive weakness
- Muscle cramps
- Nausea
- Irregular heartbeat
- Rapid shallow breathing

### WHAT YOU CAN DO

Get person into cool shaded area or air conditioned building. Apply ice packs or cool wet towel to neck. Keep skin wet by applying water by sponge or wet towels. If person is conscious/alert give plenty of water.

If someone is experiencing serious signs of Heat Stress, **call 9-1-1**