



Stay Safe in Hot Weather



With the Summer months comes uncomfortable Hot Weather!! It is important to recognize that extreme heat can be deadly. It is also important to be aware of the dangers of extreme heat and to know what to do to stay safe and healthy.

Heat related illness or fatality can be prevented by taking precautions when summer temperatures rise. One of the most important heat safety tips is to NEVER leave children, older adults, or pets in parked cars, even for a short while. Interior temperatures rise much faster than you may realize. Even with the windows slightly open, temperatures inside a vehicle can rise 30-40 degrees in as little as 20 minutes. The effects of hot cars can be more severe for children as their bodies warm at a faster rate than adults.

Tragedies have occurred when children get into a vehicle without their parents knowledge and then couldn't get out. Please lock your car doors and trunks and keep children clear.

Other Hot Weather Safety Tips include:

- ◆ **Stay Hydrated.** By drinking at least two quarts of water daily, even if you don't feel thirsty.
- ◆ **Avoid drinking Alcoholic Beverages** and caffeinated drinks.
- ◆ **Avoid over-exertion** and strenuous activities when possible.
- ◆ **Take advantage of Cooling Centers**, swimming pools and air-conditioned spaces. Even a few hours a day in air conditioning can help prevent heat-related illnesses.
- ◆ **Don't forget your pets.** Make sure pets have a shady, cool spot where they can escape to, out of direct sunlight. Keep a large bowl of fresh, cold water available to them as well.

If you or someone around you begins feeling dizzy, nausea, headache, confusion and a rapid pulse, seek medical attention immediately, as these could be symptoms of heat-stroke. For more information, please call the River Forest Fire Prevention Bureau at 708-714-3562.