



Summer Safety General Tips

- Drink plenty of water
- Avoid the sun
- Use sunscreen
- Only swim in areas with lifeguards
- Wear light-colored, thin clothing that allows air circulation
- Enjoy outside activities during the cooler parts of the day

NEVER LEAVE A CHILD IN A HOT CAR!

Be prepared before a heat wave occurs! Be Aware of Heat-Related Injuries

Heat Stroke occurs when your body can no longer control its temperature. It can rise to 106°F or higher within 10 to 15 minutes and can cause permanent disability or death. Symptoms include:

- Confusion, altered mental status, slurred speech
- Loss of consciousness (coma)
- Seizures
- Very high body temperature
- Hot, dry skin or profuse sweating

Heat exhaustion is caused by losing excessive water and salt, usually through excessive sweating. It usually affects the elderly, people with high blood pressure, and those working in hot environments. Symptoms include:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temp
- Decreased urine

Heat Injury First Aid:

- Call **911** for emergency medical care.
- Do not give water to an unconscious person
- Stay with victim until emergency medical services arrive.
- Move victim to a shaded, cool area and remove outer clothing
- Cool the victim quickly:
 - Cold water or ice bath, if possible
 - Wet the skin
 - Place cold wet cloth on the skin, head, neck, armpits, and groin
 - Soak clothing with cool water



Safety Around Your Home



- Cover windows with drapes or shades
- Install an air conditioner for cold air
- Use electric fans for air circulation



- Supervise a grill when in use
- Never grill indoors
- Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.

Sources:

[Heat Stress Related Illness | NIOSH | CDC](#)

[Summer Safety: Keeping Healthy Under the Sun | NAFC Clinics](#)



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