Hot Enough For Ya?

Protecting yourself during summer heat.

Dress Right
- Wear loose-fitting, lightweight, light colored clothing to reflect heat and sunlight.
- Protect your face and head with a wide-brimmed hat.

Keep Heat Outside & Cool Air Inside
- Put up temporary reflectors in windows, like cardboard covered with aluminum foil.
- Hang shades, sheets or curtains on windows that get morning or afternoon sun.

Drink Lots of Water even if you don’t feel thirsty. Your body needs water to keep cool. Don’t drink alcohol or caffeine. They make the heat’s effects worse.

Don’t Use Salt Tablets unless told to do so by a doctor. Salt causes the body to retain fluid, resulting in swelling.

Eat small meals & eat more often. Large, heavy meals cause your body to increase internal heat to digest food.

If your home doesn’t have air conditioning, pick other places you can go during the warmest part of the day. Schools, libraries, malls, rec centers, and other public buildings may offer air-conditioning on the hottest days. Your community may have cooling stations available during heat alerts.

Call 2-1-1 Helpline 24 hours a day for more information.

A service of the Tulsa Human Response Coalition, a program of the Community Service Council
Heat Danger Signals

Heat Stroke
What to look for
• Hot, red skin.
• Rapid, weak pulse.
• Rapid, shallow breathing.
• Body temperature as high as 105 degrees.
• Changes in consciousness.

What to do
• Call 911. Heat stroke may be deadly.
• Move victim to a cooler place.
• Quickly cool the victim. Put in a cool bath or wrap wet sheets or towels.
• Keep the victim lying down.
• Give sips of water if victim is fully awake and not vomiting.

Heat Exhaustion
What to look for
• Cool, moist, pale or flushed skin.
• Heavy sweating.
• Headache.
• Nausea or vomiting.
• Dizziness & exhaustion.
• Body temperature may be normal or may be rising.

What to do
• Move victim to a cooler place.
• Remove or loosen tight clothing.
• Apply cool, wet cloths.
• If conscious, give sips of cool water every 15 minutes.
• Avoid drinks with caffeine or alcohol.
• Call your doctor or 911.

Heat Cramps
What to look for
• Tightening of the muscles in the legs or other parts of the body.

What to do
• Move victim to a cooler place.
• Lightly stretch the affected muscle.
• Give a half glass of cool water every 15 minutes.

For more information about extreme heat safety, contact:
2-1-1 Helpline -- dial 211 or visit www.211tulsa.org.
American Red Cross -- 831-1109 or www.tulsaredcross.org
National Weather Service -- www.srh.noaa.gov/Tulsa
EMSA -- www.emsaonline.com/mediacenter/emsaonline.cfm