Cooling Tips to Survive Summer Heat

Don’t wait to call your doctor or 9-1-1 if you experience any of these WARNING SIGNS of heat related conditions, such as heat exhaustion or a heat stroke:

- Headache
- Nausea/Vomiting
- Dim/Blurred Vision
- Profuse Sweating
- Exhaustion
- Dizziness
- Hot Dry Skin
- Cold Damp Skin
- Muscle Cramps
- Fainting

Heat Strokes can be life-threatening and can come on quickly

TIPS TO PREVENT heat-related symptoms

- **Drink water**: Sip all day; don’t wait until you are thirsty. Avoid alcohol, caffeinated beverages, sugary soft drinks and full-strength fruit juices.
- **Limit physical activity** and wear a hat outside, preferably with a wide brim.
- **Keep shades drawn and blinds closed**, but windows should be slightly open.
- **Open windows to cooling breezes in the evening**
- **Keep electric items** turned off, lights low and avoid using your oven or clothes dryer.
- **Do not just rely on fans**; if the temperature is 90 degrees or above, fans alone usually cannot protect against heat-related illness.
- **Take baths, showers, or find a pool to swim in**; bathe in tepid water, use cool towels.
- **Wear loose-fitting cotton clothing** that is light-colored and lightweight.
- **Use a sunscreen of SPF 30 or higher** when outside
- **Eat light foods** high in water content: fruits, salads, and soups.
- **Don’t wait in or leave infants, pets, elderly or disabled persons unattended in cars** or other vehicles for any length of time, even with windows cracked. Within minutes the temperature will become dangerously high and serious injury and/or death will result.
- **Bring pets indoors or ensure they have shady spots** to protect them all day.
- **Make sure pets have plenty of fresh water** that will stay cool all day
- **Develop a “buddy” system**; keep in contact with your family & friends at least twice a day
- **Talk to your doctor about medications**; you may need to alter medications or dosages, but under no circumstances should you change your medication on your own.
- **Use air conditioning & be prepared for power outages**

For further information, please call Information & Assistance at 1(800) 510-2020 (from within Contra Costa County, using a land line) or (925) 229-8434 (when using a cell phone or from outside Contra Costa County)

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