



## It's Summer and it's Hot Outside!

We all know that the summer can bring extreme heat conditions to the Inland Empire. The national weather service is predicting that we will be in for a very hot summer, so you need to be prepared. Here is some information to help you and your family stay safe and enjoy your summer.

### Heat Related Problems

- **Heat Rash** - Sweat ducts become blocked or swell, causing discomfort and itching.
- **Heat Cramps**—occur in muscles after exercise due to a loss of water, salt, and minerals (electrolytes).
- **Heat Exhaustion**— occurs when working or exercising in hot weather and not drinking enough liquids to replace those lost liquids.
- **Heatstroke**—body fails to regulate its own temperature and body temperature continues to rise, often to 105°F (40.6°C) or higher.

### Hot Weather Tips

1. Drink plenty of fluids. If you will be out in the heat **start hydrating "24 hours" before**. While in the heat consume fluids hourly alternating between water, and lemonade/Gatorade or similar drink.
2. Avoid alcohol and caffeine
3. Wear a wide brimmed hat or use an umbrella
4. Slow down, rest in shade or cool areas often
5. Keep cool water in shaded areas for pets
6. Turn on your air conditioner before it gets too hot
7. If you do not have air conditioning use fans, open windows, or visit a cool center
8. Go for a swim, take a cool bath/shower
9. Check on friends or neighbors, especially elderly, or those with medical conditions
10. Remember some **medications** can also dehydrate you — talk to your physician or pharmacist
- 11. NEVER leave a child, pet or anyone else alone in a vehicle.**

Information provided by Jurupa Citizen Corps - [www.jurupacitizencorps.com](http://www.jurupacitizencorps.com) — July 2016

