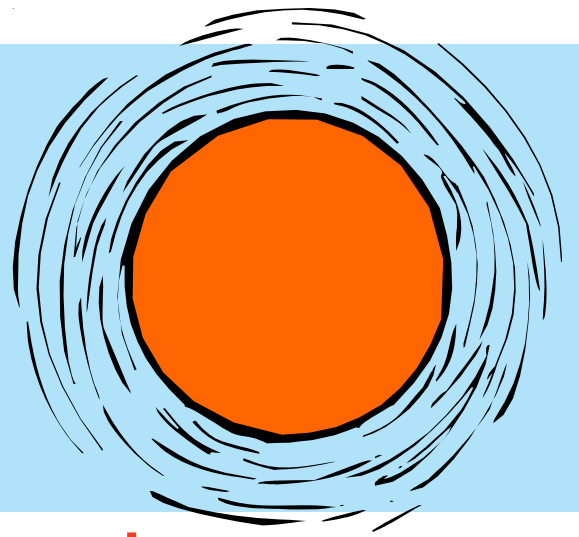


# Avoid heat injury



When temperatures near the **100 degree mark**, there are precautions you can take to avoid heat injury. **Tarrant County Public Health** offers these suggestions:

## **Never EVER leave children or animals in parked vehicles on hot days, even with windows rolled down.**

- Children and animals left inside parked cars can be overcome by heat within minutes when outdoor temperatures are high.
- Put your purse, briefcase, wallet or another essential item behind you so you'll notice your child is there before exiting the vehicle.
- Call 911 immediately if you see an unattended child in a vehicle.

## **Avoid overexposure**

- Anyone outside in high temperatures for prolonged periods is at risk of heat injury, especially those involved in outdoor athletic programs at schools and youth organizations. Working up a healthy sweat is okay but overdoing it can be harmful.
- Have plenty of water to drink and allow sufficient time between practices and workouts to cool down.

## **Avoid dehydration**



- Sweating is the body's natural cooling mechanism. Too much sweating without enough fluid intake results in dehydration.
- Water is the single most important beverage anyone can drink to prevent heat injury. Develop the habit of drinking water every hour when it's hot outside — even if you are not thirsty.

## **Maintain adequate ventilation/air conditioning**

- Regularly check on the elderly and make sure they're doing okay.
- The "2-1-1 Texas" program is available to provide information and referrals for those in need of fans, air conditioners or help with utility bills. Just call: "2-1-1."

### **Also:**

- Plan strenuous activities for cooler times of the day.
- Take frequent breaks to cool down if you have to work outside.
- Eat lighter, balanced meals more often.
- Wear plenty of sun block if you are out in the sun, and protect your eyes from direct sunlight.
- Do not overdress babies or bundle them in blankets.
- If you can't take the heat, stay in cooled — but not cold — environments as much as possible.
- Avoid beverages containing alcohol, excessive caffeine or large amounts of sugar.
- If you take certain prescription medicines, consult your doctor to determine how the sun and heat may affect you.



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