

EXTREME TEMPERATURES

You must be cautious when the heat index (an accurate measure of how hot it really feels when the effects of humidity are added to the high temperatures) reaches 95 degrees.

In the event of extreme heat, you should take the following precautions:

Stay indoors as much as possible.

Turn on the air-conditioner or fan.

DO NOT leave children or pets in vehicles.

Drink plenty of water.

Wear light-colored, lightweight and loose-fitting clothes.

Apply sunscreen at least 20 minutes before going outside (SPF 15-30 is best).

Limit exposure to the sun (the sun is most powerful between 10 am and 3 pm).

Watch for heat cramps, heat exhaustion and heat stroke.

If you see homeless people who need help, call your local authorities so they can find a shelter for them.

Cold

Extreme cold consists of temperatures significantly colder than normal. Extremely cold conditions can cause a number of health and safety concerns, including frostbite, hypothermia, carbon monoxide poisoning and fires (from alternative heating sources).

In general, if you are experiencing extremely cold conditions you should:

Be aware of the fire danger from space heaters and candles; keep such devices away from all flammable materials.

Install recommended smoke and carbon monoxide detectors (at least one of each per floor in your home).

Stay indoors and use safe heating sources.

Do not use charcoal or other fuel-burning devices, such as grills, that produce carbon monoxide indoors.

Stay dry and in wind protected areas outdoors.

Wear several layers of loose fitting, lightweight; warm clothing rather than one layer of heavy clothing. Wear mittens, a hat and cover your mouth with a scarf to protect your lungs.

Drink plenty of non-alcoholic fluids and eat high-caloric foods.

Watch for signs of frostbite—skin appears white and waxy, numbness or no feeling in that area and/or possible blisters.