

Heat-Stress Precautions

NEIGHBORS
C · A · R · E

The Texas Department of State Health Services (TDSHS) suggests these precautions people should take to reduce the risk of heat exhaustion and heat stroke. All Texans are urged to follow these precautions as well as to use these guidelines in advising others.

- ✿ Never leave anyone in a closed, parked vehicle during hot weather.
- ✿ Drink plenty of fluids; avoid drinks containing alcohol, caffeine or much sugar.
- ✿ Plan strenuous outdoor activity for early or late in the day when it is cooler.
- ✿ Stay indoors and in an air-conditioned environment as much as possible unless your heat tolerance is well-established. If air-conditioning is not available, pull shades over windows and use cross-ventilation and fans to cool rooms. In very high temperatures and humidity, turn off fans or aim them towards windows.
- ✿ Take frequent breaks when working outdoors.
- ✿ Eat more frequently but make sure meals are well-balanced and light.
- ✿ Consult with a physician about effects of sun and heat exposure while taking prescription drugs such as diuretics, antihistamines or other drugs.
- ✿ Avoid bundling babies in heavy blankets or heavy clothing.
- ✿ Check frequently on ill or elderly friends, relatives and neighbors who may need help.
- ✿ At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler place, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if conditions do not improve.
- ✿ Wear sun block, hats and loose, light clothes to protect skin from sun's harmful rays.

*These precautions are courtesy of the Texas Department of State Health Services.
For more information on these heat-stress precautions contact Emily Palmer at 512/458-7400.*

