

In Georgia, it is not unusual for temperatures to soar into the 90s. In a normal year, approximately 175 Americans succumb to the demands of summer heat. Only the cold of winter – not lightning, hurricanes, tornadoes, floods, or earthquakes – takes a greater toll. Humid or muggy conditions can add to the discomfort of high temperatures. A heat wave combined with a drought is a very dangerous situation.

PREPARE

- ❖ Check to see if your home's cooling system is working properly.
- ❖ Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the cool air inside.
- ❖ Install window air conditioners snugly; insulate if necessary.
- ❖ Check air-conditioning ducts for proper insulation.
- ❖ Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside, and weather-strip doors and sills to keep cool air in.
- ❖ Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- ❖ Keep storm windows up all year.

PLAN

- ❖ Stay indoors as much as possible and limit exposure to the sun.
- ❖ Stay on the lowest floor out of the sunshine if air conditioning is not available.
- ❖ Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat.
- ❖ Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- ❖ Drink plenty of water. People with epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- ❖ Limit intake of alcoholic beverages.
- ❖ Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.

ADDITIONAL CONSIDERATIONS

- ❖ Do you depend on accessible transportation to get to work or to other places in your community?
- ❖ Do you receive medical treatments (e.g. dialysis) on a regular basis?
- ❖ Do you need assistance with personal care?
- ❖ Do you rely on electrical equipment or other durable equipment?
- ❖ Do you use mobility aids such as a walker, cane, or a wheelchair?
- ❖ Do you have a service animal?

If you answered **YES** to any of these questions, go to: www.ready.gov or www.nod.org for more information.

STAY INFORMED

- ❖ Learn about the types of medical conditions that can result from heat waves, and the proper first aid measures that should be taken.
- Heat exhaustion** symptoms are heavy sweating, weakness, cold, pale and clammy skin, a thready pulse, and possible fainting and vomiting. **Heat stroke** is a severe medical emergency that occurs when the body temperature reaches 106° F. or higher. Symptoms include hot dry skin, rapid and strong pulse, and possible unconsciousness. Summon immediate emergency medical assistance.
 - ❖ Closely monitor a local radio station, TV station or NOAA Weather Radio for the latest information.



WEB RESOURCES

- ❖ www.ready.ga.gov
- ❖ www.gema.ga.gov
- ❖ <http://ada.georgia.gov>
- ❖ www.nod.org