

Extreme Heat & Wildfire Smoke:

Cool The Space:

- Set fans up in windows or halls to get a cross breeze. Set a wet towel or bowl of ice in front of a fan to get a cool breeze.
- Limit oven and stove use and try to grill outside.
- If you have ceiling fans with two directions, make sure it is running counterclockwise to push cool air down.
- Place a box fan in the window and have it facing outside to pull hot air outside.
- Keep blinds or curtains closed during the day and open windows at night or early morning if it is cool out.
- Unplug gadgets and small appliances when not in use.
- Don't run your washer, dryer, or dishwasher on hot days.
- Replace incandescent bulbs with compact fluorescent bulbs (CFLs) or LEDs. Use light as little as possible.

Cool The Body:

- Drink lots of water. Avoid caffeine and alcohol.
- Dress in loose, light and light-colored clothing.
- Eat lighter cold foods and spicy foods.
- Exercise early in the morning or late in the afternoon, and stay in the shade. Shorten your workout time and reduce your exertion.
- Take cool baths or showers. Get damp and stand in front of a fan. Cool the pulse points by using wet cloths.
- Keep a spray bottle in the fridge to give yourself a cool spritz.
- Sleep in cool materials and consider misting your sheets or pajamas.

Air Quality:

Wildfires pose serious threats to our local community. This can be an even bigger problem when you pair that with extreme heat. In order to combat the smoke you should be aware of your local air quality and stay in doors if conditions are bad. To find local air quality conditions visit AirNow.gov or PurpleAir. If you have access please use air filters in addition to A.C.

Additionally, You Can Avoid other sources of air pollution

To keep the room's indoor air clean, avoid introducing other sources of air pollution. Avoid activities that would create fine particles indoors, including:

- Burning candles or incense
- Smoking cigarettes
- Spraying aerosol products
- Using gas stoves, wood-burning stoves, or fireplaces
- Frying or broiling food
- Vacuuming

Heat-Related

Illnesses:

What to look for & What to do

Heat Stroke: When your body creates more heat than it can release. Symptoms include hot, red, dry, or damp skin, a fast and strong pulse, headaches, dizziness, nausea, confusion, and loss of consciousness. **Call 911 right away!** Move to a cooler place and do not drink anything.

Heat Rash: This can occur when sweat is trapped in the skin. Symptoms include red clusters of small blisters typically on the neck, chest, groin, or in elbow creases. To alleviate you should go to a cool, dry place, keep the rash dry (you can use baby powder).

Sunburn: Symptoms include inflamed, painful skin that feels hot to the touch. It often appears within a few hours of being in the sun too long. To alleviate stay out of the sun, put cool cloths on sunburn, take a cool bath, put moisturizer on the sunburn, and do not break blisters.

Heat cramps: Muscle cramps and spasms that occur during or after intense exercise and sweating in high heat. To alleviate stop physical activity, move to a cool place, and drink water or electrolytes. **Get medical help** if cramps last longer than 1 hour, you're on a low-sodium diet, or you have heart problems.

Heat Exhaustion: The body's response to an excessive loss of water and salt. Symptoms include heavy sweating, cold, pale, and clammy skin, a fast and weak pulse, nausea or vomiting, muscle cramps, tiredness, dizziness, headaches, and fainting. You can move to a cool place, loosen your clothes, put wet cloths on your body, take a cool bath, or sip water. You should **get medical help** if you are throwing up, symptoms get worse, or if they last for more than 1 hour.