



June 7, 2021

TIPS FOR HOT WEATHER

We are experiencing hot, humid weather. During hot weather, your body's temperature control systems can have a hard time keeping up, and your temperature can get dangerously high. Whether you are putting in your garden, taking your canoe out for a paddle, heading up the Green Mountains or Adirondacks for panoramic views, or just out for a walk, it's important to start slowly, drink more fluids than usual and take extra breaks in the shade or cool indoor locations.

Certain people are at an increased risk of heat-related illness and even death. Those who work or exercise outdoors, and older adults and young children should be sure to stay cool and hydrated. People who have a chronic medical condition, are overweight, are taking certain medications or are using drugs or alcohol, should also take extra care.

Watch for symptoms of heat illness

Muscle cramps, heavy sweating, nausea, headache or light-headedness are symptoms of heat-related illness. Most can be treated with fluids and by resting in a cooler place. **Dial 9-1-1 or get immediate medical help if you are concerned about your or someone else's health.**

The risk in our region for heat-related illnesses increases when temperatures reach the mid-to-upper 80's, especially on sunny, humid days. During the 2018 heat wave, four Vermonters died from excessive heat and there were 15 times more heat-related emergency department visits than normal.

Stay Cool, Stay Hydrated, Stay Informed

Follow these tips for staying safe and healthy in hot weather:

- **NEVER** leave children, people with a disability, older adults or pets in parked vehicles. **“Look Before You Lock!”**
- Drink plenty of water, or non-alcoholic and decaffeinated fluids.
- Wear lightweight, light-colored clothing to reflect heat and sunlight.
- Take frequent breaks and seek relief in air-conditioned or other cool and shady places.
- Limit outdoor activities during the hottest part of the day.
- Close window shades during the day, keep windows closed when it is hotter outside than inside, and avoid using appliances and lights that generate heat.
- Check on loved ones and neighbors, especially those living alone and without air conditioning.