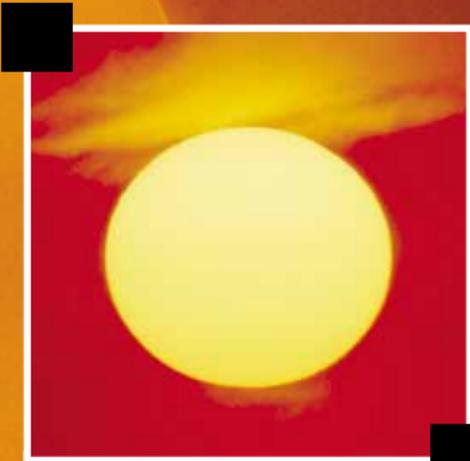


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# Heat Wave Safety

Excessive heat kills more people in the U.S. than tornadoes, hurricanes, floods, and lightning combined. The elderly, very young, obese and those who work outdoors or have substance abuse problems are most at risk from succumbing to heat. Additionally, people in urban areas are more susceptible as asphalt and cement tend to hold in heat throughout the night.

When temperatures soar, follow these safety rules:

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it in the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine.
- Drink plenty of water regularly and often, even if you don't feel thirsty. Water is the best liquid to drink during a heat wave. Avoid alcohol and caffeine as they can intensify the heat's effect on your body. This is especially true about beer because it accelerates dehydration.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Never leave children or pets in the car, even with the windows down. When the outside temperature is only 83 degrees Fahrenheit, and your window is down two inches, the temperature inside your car can reach 109 degrees Fahrenheit in 15 minutes.
- Avoid using salt tablets unless directed to do so by a physician.

More information on heat wave safety is available through the National Weather Service, <http://www.nws.noaa.gov/om/heat/>, or the Federal Alliance for Safe Homes, [www.flash.org](http://www.flash.org). Call our toll-free help desk at 1-877-221-SAFE or email [flash@flash.org](mailto:flash@flash.org).



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