The most common types of heat related illnesses are heat cramps, heat exhaustion and heat stroke. Conditions resulting from extreme heat can result in illness, injury or even death.

**In extreme heat and high humidity, evaporation is slowed and the body must work harder to maintain a normal temperature. Below are some safety tips and recommendations for how you can prepare for extreme heat waves, ensuring you and your family stay safe.**

**If the weather is extremely hot**
- Stay indoors as much as possible and limit exposure to the sun.
- Avoid strenuous work or activities during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.
- Eat well-balanced, light, and regular meals.
- Drink plenty of water.
- Limit intake of alcoholic beverages and sugary drinks.
- Dress in loose-fitting, lightweight, and light-colored clothes.
- Protect your face and head by wearing a wide-brimmed hat.
- Check on co-workers, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Watch for signs and signals of: sunburn, heat cramps, heat exhaustion, and heat stroke. Those most at risk include infants, young children, adults over 65 years of age and those with chronic conditions.
- Protect your skin by using “broad spectrum” or “UVA/UVB protection” sunscreen.
- Limit outdoor activities to the coolest part of the day, usually before 10am and after 3pm. Rest often in the shade if you are outside.
- Never leave infants, young children, or pets in a hot car.

**To prepare for extreme heat, you should**
- Install window air conditioners snuggly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors to reflect heat back outside.
- Weather-strip doors and door sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers as they can reduce the heat that enters a home by up to 80 percent.