

Staying Cool: Tips for Indoor and Outdoor Heat Safety

In Texas, summer temperatures can reach triple digits. It is crucial to know how to stay cool. Here are some tips to help you beat the heat during the summer.

Pulse Points

When it's hot, people often drape a damp cloth around their necks to cool down. Here are other effective pulse points to target for relief:

- Wrists
- Insides of your elbows and knees
- Tops of your feet
- Insides of your ankle where your ankle.
- On your forehead, close to your temple and just in front of your ear



Know the signs

Older adults, young children, and individuals with underlying health conditions are **most at risk from extreme heat**.

Heat exhaustion symptoms include:

- Heavy sweating with cool, pale, or flushed skin
- Weak pulse.
- Rising body temperature
- Fainting or dizziness,
- Nausea,
- Vomiting,
- Exhaustion,
- Headaches

Heat stroke symptoms include:

- High body temperature (105 plus degrees)
- Hot, red, dry skin
- Rapid, weak pulse
- No sweat unless person was sweating from recent strenuous activity
- Possible unconsciousness



Indoor Tips

BREAKING NEWS

Stay updated on weather conditions.



Store medicine in a cool place.



Monitor home temperature.



Minimize stove and oven use.



Securely install and insulate window air conditioners.



Ensure proper insulation in air-conditioning ducts.



Weather-strip doors and sills to retain cool air.



Cover windows with drapes, shades, or awnings.



Increase water intake, even without thirst.



Take cool baths or showers.



Wear light-colored, loose-fitting clothing.



For Power Outages:

- Open windows at night. Close them during the day.
- Turn off the lights.
- Move mattress to the floor.
- Use sheets instead of blankets on the bed.

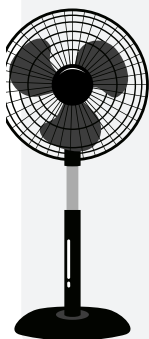


Linens and Clothes

Make room in your freezer for wet washcloths or bedsheets to cool down at bedtime. You can also freeze clothes, such as underwear or a shirt for the next day.



Hot Air



- If power is on, position electric fans facing windows and outwards to expel hot air.
- At night, use a box fan in the window to draw in cooler air. Place a damp, cold bed sheet in front for added cooling.
- Keep electronics away from cooling sources.



Makeshift A/C

To create a simple air-conditioner, use a foam cooler, a small fan, two PVC corner fittings, and frozen vegetables or water bottles. Cut circular holes in the cooler lid for the fan and pipes. Insert the fan and PVC fittings, then add frozen items inside the cooler and turn on the fan.



Outdoor Tips



Stay in the shade.



Take breaks.

BREAKING NEWS

Stay updated on weather conditions.



Minimize outdoor activities.



Stay hydrated with water or electrolytes.



Wear loose clothing and a wide-brim hat.



Avoid excess caffeine, sugary drinks, and alcohol.



Work in the early morning or evening.



Use sunscreen.



Paper Fan

- Fold a piece of paper in an accordion by starting to fold one end into a 1-inch line.
- Fold the segment up, flip it over, and repeat until reaching the end.
- Pinch the bottom to form a handheld fan.

