

Heat

When people think of Texas, one of the things they might think of is hot weather. When the temperature reaches extremes of heat, we need to modify our behavior to avoid become ill. High temperatures are especially dangerous to senior citizens and to the young.

In addition to temperature, humidity is a factor to be considered when determining the dangers from rising temperatures. The body sweats to cool itself. If the humidity is high, this sweat will not evaporate and the body does not cool off from evaporation. If you think you are suffering from heat stroke or heat exhaustion you should seek medical attention.

There several things you can do to reduce the threat of heat stress or heat exhaustion:

- Spend as much time as you can in a cool place. Use fans or air conditioning to cool your surroundings.
- Drink plenty of water. If you know you are going to exert yourself, you need to pre-hydrate yourself before you begin your efforts.
- Plan strenuous activities for early morning or evening when it is not as hot. Avoid strenuous activities when during the hottest period of the day.
- Wear lightweight clothing that is light in color. Dark colors absorb heat.
- Wear a hat.
- Wear sunscreen.
- Make sure that children wear sunscreen.
- Take cool baths or showers.
- Avoid drinking alcohol.
- Add extra water to your Home Disaster Kit.