

# Health Tips: Keeping Cool In Hot Weather



**HEALTH  
DEPARTMENT**  
Prince George's County

General Information  
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Website: [health.mypgc.us](http://health.mypgc.us)

**Attention to the following principles will help individuals avoid the unhealthy effects of hot weather.**

## Stay Hydrated



Drink plenty of fluids such as water or beverages containing electrolytes.

## Dress Lightly



Wear loose-fitting, lightweight, and light-colored clothes that reflect rather than absorb light and heat.



Avoid direct sunlight by staying in the shade and by wearing sunscreen, a hat and sunglasses.

## Seek Air Conditioned Areas



When possible, stay in air-conditioned areas. If your home is not air-conditioned, consider a visit to a shopping mall or public library. Contact your local health department to see if there are any cooling centers in your area.



## Protect Young Children & Pets

NEVER leave pets or young children in a car, even with the windows cracked.

## Check on The Elderly and Those with Chronic Health Conditions



Check on elderly relatives or neighbors who might need assistance throughout the day. Encourage them to find out their average weight, and use this number to check their weight daily to determine whether they are becoming dehydrated during prolonged periods of time of excessive heat without an air conditioner. Encourage the elderly and individuals with chronic diseases and who are taking medications to see their medical doctors to assure normal electrolyte levels are maintained.

Routinely check on individuals with chronic health conditions such as heart disease, diabetes, and respiratory illnesses, as they are at increased of experiencing a heat related illnesses.

## Pace Your Physical Activity



Schedule physical activity when the day is cooler, in the morning before 10:00 a.m. or in the evening after 6:00 p.m. Athletes and those who work outdoors should continue to consume fluids while outdoors and take short breaks when they feel fatigued.

## Web Links to More Information on This Topic

Local Weather Update: <http://www.weather.com/weather/today/Washington+DC+USDC0001>

Maryland Watches, Warnings and Advisories: <http://www.weather.gov/alerts-beta/md.php?x=1>

Heat Stress in the Elderly: <http://emergency.cdc.gov/disasters/extremeheat/elderlyheat.asp>

Occupational Heat Stress: Extreme Heat Prevention Guide: [http://emergency.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp)

Heat Wave Safety Checklist: <http://www.redcross.org/www-files/Documents/pdf/Preparedness/checklists/HeatWave.pdf>

Excessive Heat Events Guidebook: [http://epa.gov/heatisland/about/pdf/EHEguide\\_final.pdf](http://epa.gov/heatisland/about/pdf/EHEguide_final.pdf)

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