

COPING WITH A HEAT WAVE

A heat stroke is a life threatening situation. The victim's temperature control system stops working and as a result, the body temperature can increase high enough to cause brain damage or even death.

If a heat wave is happening:

1. Slow down. Avoid strenuous activity.
2. Stay indoors or in the shade as much as possible.
3. Wear lightweight, loose fitting and light colored clothing.
4. Drink plenty of water even if you do not feel thirsty. In periods of high heat stress, your body will demand extra water to stay properly hydrated.
5. Avoid drinks with alcohol or caffeine in them.
6. Eat small meals often. Avoid foods high in protein. Protein increases metabolic body heat.