

## PROTECTION FROM EXTREME HEAT

This time of year, hot sticky days with temperatures in the 90's can make for uncomfortable and in some cases, dangerous conditions.

The very young and elderly bare the brunt of extreme heat so keeping cool is essential. The following suggestions provided by the Wyckoff Board of Health will help you ensure a cooler, safer environment for high heat days.

- At home, keep blinds, shades and curtains tightly drawn on the sunny side of the house. This will reduce a thermal build-up inside the house or apartment and put less strain on your air conditioner.
- Wear loose, light clothing to allow the body to breathe. Wear a sun hat or baseball cap for face coverage. Do not forget to apply sun block.
- Drink plenty of cool liquids and keep a bottle of cold water in the refrigerator. Alcohol in any form raises the body's temperature and is not recommended as a cooling method.
- Limit activities outdoors on hot days. Ozone levels may be higher on hot days and strain your ability to breathe. Those suffering with asthma or emphysema should greatly reduce physical activities. Listen for ozone reports in your area.
- If you know of an elderly neighbor, check on them.
- People without air conditioners should use electric fans to gain relief. Going to the movies or the mall can also provide relief on hot days.

Whatever your favorite things to do on a hot day, slow down, take it easy and most importantly stay cool!