

# ARE YOU RED STICK READY

## for Extreme Heat?

In South Louisiana, heat is a constant hazard. Use these tips to get [Red Stick Ready](#) for Extreme Heat!

### BEFORE EXTREME HEAT:

- Find places in your community where you can go to get cool.
- Keep your home cool by doing the following:
  - Cover windows with drapes or shades.
  - Weather-strip doors and windows.
  - Add insulation to keep the heat out.
  - Use attic fans to clear hot air.
  - Install window air conditioners and insulate around them.
- Learn to recognize the signs of heat-related illness.
- Use the BuddySystem™ to check on family members, neighbors, and friends for signs of health-related illness.

### DURING EXTREME HEAT:

- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Drink plenty of fluids to stay hydrated.
- If you're outside, wear a hat, loose, lightweight, and light-colored clothing.
- Do not use electric fans when the temperature outside is more than 95 degrees, as this could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities.
- Maintain a cool environment.

### RECOGNIZE & RESPOND TO HEAT-RELATED ILLNESS:

#### HEAT CRAMPS

- Signs: Muscle pains or spasms.
- Actions: Find a cooler location. Get hydrated with sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

#### HEAT EXHAUSTION

- Signs: Heavy sweating, paleness, cramps, weakness, dizziness, headache, nausea or vomiting, or fainting
- Actions: Go to an air-conditioned place and lie down. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse.

#### HEAT STROKE

- Signs: High body temperature (above 103 degrees); red, hot, and dry skin with no sweat; rapid, strong pulse; confusion; or unconsciousness
- Actions: Call 911

For more information contact MOHSEP at (225) 389-2100, follow us @RedStickReady on Facebook and Twitter, and download the Red Stick Ready mobile application - free on Apple and Android devices by searching "Red Stick Ready".

