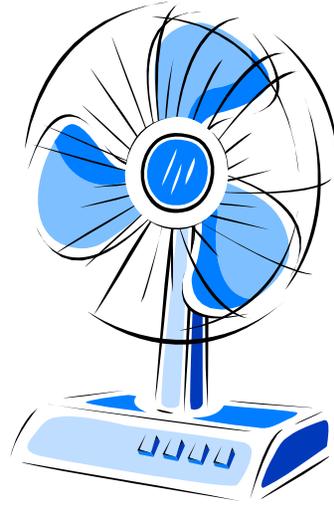


summer time is here!! The kids are out of school and it's time to hit the pool. go camping. ride bikes. or visit the nearest amusement park. wherever it is that you will go this summer. the heat safety tips found in this brochure may be very useful to you!



IF YOU OR SOMEONE YOU KNOW NEEDS ASSISTANCE IN GETTING A FAN TO KEEP COOL THIS SUMMER. THERE ARE AGENCIES THAT CAN ASSIST YOU. FOR ASSISTANCE. PLEASE CONTACT:

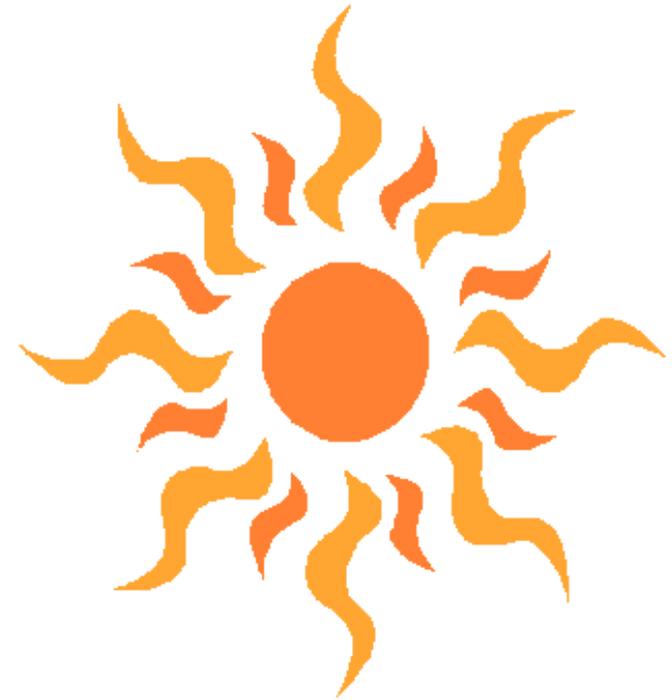
**UNITED WAY'S INFORMATION
AND REFERRAL HELP LINE
☎ 940 ☎ 566-2688**

For more information,
please visit the following websites:

Denton County Health Department
<http://dentoncounty.com/heart>

Texas Department of State Health
Services
<http://www.dshs.state.tx.us>

HEAT



SAFETY

PEOPLE OF ALL AGES CAN SUFFER FROM THE DEADLY EFFECTS OF HEAT. BUT THOSE MOST AT RISK ARE THE ELDERLY, YOUNG CHILDREN, THE SICK, AND THOSE WHO DO NOT HAVE ACCESS TO AIR CONDITIONING. IT IS IMPORTANT TO KEEP EVERYONE, ESPECIALLY THIS GROUP OF PEOPLE, SAFE IN THE SWeltering HEAT!

HEAT AND ITS EFFECTS ON THE BODY

A LONG HEAT WAVE CAN CAUSE YOUR BODY'S NATURAL COOLING SYSTEM TO WORK BEYOND ITS NORMAL RATE. WHAT THIS MEANS IS THAT YOUR BODY RELEASES A LARGE AMOUNT OF SWEAT FOR A LONG TIME PERIOD. THIS CAUSES YOUR BODY TO SLOW DOWN ITS RATE OF REPLACING THESE LOST BODY FLUIDS AND SALTS. IF NOT ENOUGH IS REPLACED, DEATH MAY POSSIBLY RESULT.

THE MOST SERIOUS HEAT RELATED CONDITIONS ARE HEAT EXHAUSTION AND HEAT STROKE. HEAT EXHAUSTION AND HEAT STROKE CAN OCCUR IF NOT ENOUGH FLUIDS AND SALTS LOST FROM SWEATING ARE REPLACED.

HEAT EXHAUSTION

SIGNS OF HEAT EXHAUSTION INCLUDE: PROFUSE SWEATING, MUSCLE CRAMPS, WEAKNESS, DIZZINESS, NAUSEA, A WEAK BUT RAPID PULSE, AND HEADACHES.

HEAT STROKE

A HEAT STROKE IS A MEDICAL EMERGENCY THAT CAN LEAD TO DISABILITY OR EVEN DEATH. A HEAT STROKE IS A COMPLETE FAILURE OF YOUR BODY'S COOLING SYSTEM. HEAT STROKES USUALLY OCCUR FOLLOWING HEAT EXHAUSTION. SYMPTOMS INCLUDE HIGH BODY TEMPERATURE, RED OR DRY SKIN, FAILURE TO PERSPIRE, RAPID PULSE, CONFUSION AND UNCONSCIOUSNESS.

HERE ARE SOME SUMMER SAFETY TIPS:

- DRINK PLENTY OF FLUIDS, ESPECIALLY WATER. AVOID ALCOHOLIC BEVERAGES AND CAFFEINE—THEY CAUSE THE BODY TO LOSE MORE WATER.
- DO NOT LEAVE CHILDREN OR PETS IN A CLOSED, PARKED VEHICLE.
- WEAR LIGHT, LOOSE-FITTING CLOTHES.
- DO NOT BUNDLE BABIES IN HEAVY BLANKETS OR HEAVY CLOTHING.
- CHECK FREQUENTLY ON PEOPLE WHO ARE ELDERLY, SICK, OR DISABLED.
- PLAN STRENUOUS OUTDOOR ACTIVITIES FOR EARLY OR LATE IN THE DAY.
- TAKE FREQUENT BREAKS WHEN WORKING OR EXERCISING OUTSIDE.
- STAY IN AIR CONDITIONING AS MUCH AS POSSIBLE.
- EAT FREQUENT, LIGHT, BALANCED MEALS.
- DON'T FORGET YOUR PETS—KEEP THEM IN THE SHADE AS MUCH AS POSSIBLE.