

What to Do...

- ☀ ***In a medical emergency call 911***
- ☀ ***If emergency medical services are delayed, call a hospital emergency room for instructions***
- ☀ ***The best prevention is preparedness***

For more information on dealing with the heat please contact:

In-Home Supportive Services

3821 N. Clark Street
Fresno, CA 93726

☎ (559) 600-6666

Adult Protective Services

2025 E. Dakota Avenue, 2nd Floor
Fresno, CA 93726

☎ (559) 600-3383

☎ (800) 418-1426



Important information brought to you by...



**The County of Fresno
Department of Social Services
Adult Services**

P.O. Box 1912
Fresno, CA 93718-1912



HOT Weather!

What Everyone Needs to Know

Important information brought to you by...



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Adult Services**

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When It's Hot!

As seniors we don't need someone to tell us that we are prone to heat-related illnesses. Most of us know our valley well and have experienced **HOT!** summers.



Call a friend daily to check on them

Hot Weather Tips

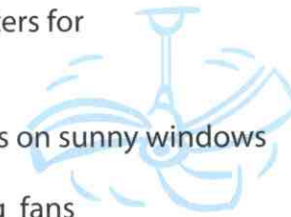
- ☀ Drink plenty of liquids and avoid alcohol and caffeine
- ☀ Eat light meals by enjoying the summer's harvest
- ☀ Wear loose-fitting-light colored clothing, sunscreen and broad-brimmed hats
- ☀ Stay in a well ventilated area
- ☀ Avoid unnecessary activity
- ☀ Know your medications

Keeping Cool!

- ☀ Keep a container of cool water nearby and use wet washcloths to pat the wrists, back of neck or use ice cubes to keep cool
- ☀ Use misters or small battery operated hand fans
- ☀ Stay in the coolest part of the house
- ☀ A shady area outside may be cooler than the house, especially if there is a breeze
- ☀ Spend a few hours at a Mall or go to a movie
- ☀ Get to know your local cooling centers

Cooling Your Home

- ☀ Clean or replace air filters for maximum cooling
- ☀ Close drapes or shades on sunny windows
- ☀ Use portable or ceiling fans



Enjoy friends and family

Heat Related Illnesses

Heat Cramps

- ☀ Muscle contractions, usually in the hamstring. This is a warning that more serious symptoms can occur.

Heat Exhaustion

- ☀ Dizziness, fatigue, faintness and headache
- ☀ Skin is pale and clammy
- ☀ Pulse is rapid and weak
- ☀ Breathing is fast and shallow
- ☀ Muscle cramps or intense thirst

Heatstroke

- ☀ Often preceded by heat exhaustion
- ☀ Skin is hot, dry, flushed, no sweating, and may have rapid heartbeat
- ☀ High body temperatures
- ☀ Confusion

If you are experiencing a heat emergency call 911