

Heat (Heat Wave)
March 2007

- **Avoid using salt tablets unless directed to do so by a physician.** Salt causes the body to retain fluids, resulting in swelling. Salt impedes sweating, which helps keep you cool.
- **Check on your animals frequently** to ensure that they are not suffering stress from the heat. Make sure they are indoors or in the shade. Use fans to cool areas that are not air conditioned or open to breezes. Provide plenty of water for drinking as well as for cooling the animals. If you see signs of heat stress, call your veterinarian. Very young and older animals, as well as animals with short snouts, are more susceptible to problems with heat.

How to Make Your Home Safer for Occupants in a Heat Wave

CORE ACTION MESSAGE

- **Keep heat out of your home and cooler air in.**

To make your home safer during a heat wave, you should:

- **Install window air conditioners snugly.** Insulate spaces around air conditioners for a tighter fit. An air conditioner with a tight fit around the windows or wall openings will make less noise and allow less hot air in from the outside.
- **Make sure your home is properly insulated.** This will help you to conserve electricity and reduce your home's power demands for air conditioning. Put weather stripping around doors and windows to keep cool air inside.
- **Consider keeping storm windows installed throughout the year.** Storm windows can keep the heat out of a house in the summer the same way they keep the cold out in the winter.
- **Check air-conditioning ducts for proper insulation.** Insulation around ducts prevents cool air from leaking and keeps it directed through the vents.
- **Protect windows from the sun.** Hang shades, draperies, awnings, or louvers on windows receiving morning or afternoon sun. Outdoor awnings or louvers can reduce the heat entering the house by as much as 80 percent.
- **Use an attic fan.** If you have a fan installed to vent warm air out of your attic, use it to help keep your home cool.
- **Check buildings that house animals.**