



August 13, 2010

**WEST CHESTER FIRE DEPARTMENT OFFERS
TIPS FOR DEALING WITH THE HEAT**

The West Chester Fire Department urges added caution as heat advisories are issued and temperatures rise. There are a few easy steps that can be taken to stay cool during hot summer days.

Ten tips for staying cool:

1. Drink plenty of non-carbonated liquids like water or electrolyte-enriched liquids to replace your fluids even if you don't feel thirsty.
2. Avoid liquids that have alcohol, caffeine or lots of sugar because they will speed up fluid loss.
3. Stay in air-conditioned areas such as malls, libraries and movie theatres. Even a few hours can cool your body's temperature.
4. If you feel very hot, cool off by taking a cool bath or shower. Opening a window or using a fan may not prevent heat-related illnesses.
5. Do not cool children in alcohol baths. Cool, plain water baths or moist towels work best.
6. Wear lightweight, light-colored, loose-fitting clothing, such as cotton, so sweat can evaporate.
7. NEVER leave people or pets in closed, parked cars during hot weather.
8. Do not bundle babies in blankets or heavy clothing. Infants do not tolerate heat well because their sweat glands are not fully developed.
9. Limit physical activity to morning and evening hours. Avoid physical activity or exercise between 10am and 3pm typically the hottest part of the day. Rest often in shady areas.
10. Wear a wide-brimmed, vented hat or use an umbrella because your head absorbs heat easily.