



Tuesday's Tip

information provided by Adriance Memorial Library to make your life a little bit easier

Summer Weather Safety Tips

June 21, 2016

Today's tip provides a list of vetted online resources for sun and heat-related weather safety. Just click on the hyperlinks throughout the tip to access each webpage. There's plenty of information to read below, but as a friendly reminder, don't forget to check on children, the elderly, and those with medical issues frequently during the summer months.

From the National Weather Service



Summer Weather Safety and Survival - <http://www.srh.noaa.gov/oun/?n=safety-summer-summersafety>

- Symptoms of Heat Disorders
- Thinking About Yourself
- Thinking About Others
- Thinking About Your Environment

From the Centers for Disease Control and Prevention

Basic Information -



Protect Children from the Sun - http://www.cdc.gov/cancer/skin/basic_info/children.htm

Sun Safety -



Sun Safety Recommendations - http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Websites with a .gov extension are credible online resources.

Did you know? ***“Men...are more likely than anybody else to get skin cancer, including melanoma-the deadliest kind of skin cancer.” - CDC.gov***



Protect All the Skin You’re In

- ☀️ Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.
- ☀️ Every year, there are **63,000** new cases of and **9,000** deaths from melanoma—the deadliest form of skin cancer.



Ultraviolet (UV) exposure is the most common cause of skin cancer. **A new CDC study shows that the majority of Americans are not using sunscreen regularly to protect themselves from the sun’s harmful UV rays.**

In fact, fewer than **15% of men** and fewer than **30% of women** reported using sunscreen regularly on their face and other exposed skin when outside for more than 1 hour.



Many women report that they regularly use sunscreen on their faces but not on other exposed skin.

Choose sun protection strategies that work.

Use broad spectrum sunscreen with **SPF 15+** to protect any exposed skin.



Seek shade, especially during midday hours.

Wear a hat, sunglasses and other clothes to protect skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every two hours and after swimming, sweating, and toweling off.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CS255931



Warning Signs and Symptoms of Heat-Related Illness - <http://www.cdc.gov/extremeheat/warning.html>

- Heat Exhaustion
- Heat Stroke

From the NYC Emergency Management



Beat the Heat Brochure - http://www1.nyc.gov/assets/em/downloads/pdf/heat_brochure_english.pdf

During the summer, New Yorkers are especially vulnerable to hot weather hazards. New York City can be as much as 10 degrees warmer than surrounding areas because the city's infrastructure – largely made up of asphalt, concrete, and metal – traps the heat.

- Get tips on how to stay healthy and cool during the summer months, conserve water and energy, and identify and treat individuals with heat-related illnesses.

**READY NEW YORK
BEAT THE HEAT**

During the summer, New Yorkers are especially vulnerable to hot weather hazards. New York City can be as much as 10 degrees warmer than surrounding areas because the city's infrastructure – largely made up of asphalt, concrete, and metal – traps the heat. Learn how you can prepare to beat the summer heat.

PLAN AHEAD

Understand the risk factors:
 People at greatest risk during periods of extreme heat are those who:

- are 65 years or older
- have chronic medical conditions or take psychotropic or other medications
- have impaired judgement from dementia or serious mental illness
- abuse drugs or drink heavily
- are socially isolated or homebound
- are overweight

If you have a medical condition, check with your physician about precautions you should take during hot weather.

If you have neighbors, family, or friends who are at increased risk, especially those who live alone, make sure they have access to air conditioning and, if needed, offer to help them get to a cool location.

In the event of a forecasted heat wave:

- Help keep your home cool by installing window shades or awnings to block the sun.
- If you have an air conditioner, make sure it works properly.
- If you don't have air conditioning, keep your windows open so fresh air may flow through your home.
- If you cannot cool your home, consider going to an air-conditioned shopping mall, library, friend or relative's home, or a New York City cooling center.

Cooling Centers
 When the heat index is predicted to be dangerously high, New York City will open cooling centers in air-conditioned facilities, including community and senior centers. People seeking relief from the heat should call 311 (TTY: 212-504-4115) or visit NYC.gov/oem during a heat emergency to find a local cooling center.

Get Informed
OEM on Facebook and Twitter
www.facebook.com/NYCEmergencymanagement
 @nycoem



DURING A HEAT WAVE

Beat the Heat Tips:

- Stay in a cool place as much as possible. Use an air conditioner if you have one, and set the thermostat no lower than 78 degrees.
- If you do not have an air conditioner, consider cooling off at a pool, or in an air-conditioned store, mall, movie theater, or cooling center. Call 311 (TTY:212-504-4115) or visit NYC.gov/oem to find a cooling center near you.
- Check on your neighbors, family, and friends, especially if they are vulnerable to heat-related hazards.*
- Fans work best at night, when they can bring in cooler air from outside.
- Drink fluids – particularly water – even if you do not feel thirsty.** Avoid beverages containing alcohol, caffeine, or high amounts of sugar.
- Wear lightweight, light-colored, loose-fitting clothing that covers as much of your skin as possible.
- Never leave children, pets, or those who require special care in a parked car during periods of intense heat.
- Cool showers or baths may be helpful, but avoid extreme temperature changes.
- Avoid strenuous activity, especially during the hottest time of day.
- When outdoors, avoid direct sunlight, wear sunscreen (at least SPF 15), and a hat to protect your face and head.
- Stay tuned to TV and radio broadcasts, visit NYC.gov, or call 311 (TTY: 212-504-4115) to monitor weather conditions. A heat index above 95 degrees is especially dangerous for vulnerable people.

* Use discretion for more vulnerable older individuals who are especially vulnerable to heat-related hazards.
 ** People with heart, kidney or liver disease or on fluid-restricted diets should check with their doctors before increasing fluid intake.



HEAT-RELATED ILLNESSES

Prolonged exposure to the heat can be harmful and potentially fatal. Seniors, children, and people with pre-existing medical conditions are especially susceptible to the effects of extreme heat. Be aware of heat-related illnesses and suggested treatments.

HEAT EXHAUSTION

Symptoms: heavy sweating, weakness, weak pulse, fainting, or vomiting, and cold, pale, clammy skin. Body temperature may seem normal.

Response:

- Move the victim to a cool place.
- Loosen clothing and apply cool, wet cloths to the neck, face, and arms.
- If the victim is conscious, have him or her drink water slowly, unless nausea occurs. Give the victim half a glass of water every 15 minutes.
- Call 911 for medical attention. If heat exhaustion is not treated, it can worsen and lead to heat stroke.

HEAT STROKE (SUNSTROKE)

Symptoms: Hot, dry skin, rapid pulse, high body temperature, lack of sweating and possible unconsciousness. Body temperature can be so high that brain damage or death may result in fewer than 10 minutes if the victim does not receive immediate medical attention.

Response:

- Call 911 immediately for medical help.
- Remove the victim's clothes and wrap his or her body in cool, wet sheets.
- Bring the victim to a cool place, and try a cool bath or sponging. Use fans or air conditioners.
- Keep the victim lying down.
- Do NOT give the victim any fluids.



RESPIRATORY PROBLEMS

High ozone levels, which can accompany heat waves, make air quality poor. Ozone can cause breathing problems, especially among those with respiratory conditions.

Prevention:

People who exercise or work outdoors, those with respiratory diseases, and other vulnerable individuals should limit strenuous outdoor activity particularly during the afternoon and early evening hours. For air quality updates visit www.airnow.gov or call the New York State Air Quality Hotline (800-535-1345).

For more information on heat-related illnesses, visit the Department of Health and Mental Hygiene online, NYC.gov/health, or the Department for the Aging online, NYC.gov/aging.

SAVE RESOURCES IN EXTREME HEAT

CONSERVE WATER

Water use often reaches high levels during periods of hot weather, causing fluctuations in water pressure and droughts in the city. When the city experiences a drought emergency, it is important to follow the Department of Environmental Protection's water usage restrictions.

Water Conservation Tips:

- Repair leaky faucets; turn taps off tightly.
- Take short showers; only fill bathtubs halfway when bathing.
- Only run dishwashers and washing machines when they are full.
- Do not let water run while washing dishes, shaving, or brushing teeth.
- Observe restrictions on watering your lawn or plants.



SPRAY CAPS & FIRE HYDRANTS

Opening fire hydrants without spray caps is wasteful and dangerous. The water pressure can push people – especially children – into traffic. An open hydrant causes flooding on streets and lowers water pressure, hampering firefighters' ability to fight fires safely. To report illegally opened hydrants or other water or sewer problems, call 311 (TTY: 212-504-4115). To obtain a spray cap, contact your local firehouse.

Visit NYC.gov/dep for more information on water conservation.

CONSERVE ENERGY

During periods of extreme heat, electricity use rises. Conserving energy helps prevent power disruptions.

Energy Conservation Tips:

- Set your air conditioner thermostat no lower than 78 degrees.
- Only use the air conditioner when home, in rooms you are using. If you want to cool your home before you return, set a timer that turns on no more than 30 minutes before you arrive.
- Turn off nonessential appliances.

POWER OUTAGES

To prepare for possible power outages and disruptions, keep an emergency supply kit – with items including a flashlight, battery-powered AM/FM radio, first-aid kit, bottled water, and extra batteries – in an easily accessible place. If you experience power problems, keep the windows open to ensure proper ventilation.

If there is a power outage, call your provider:

- Con Edison at 800-752-6633 (TTY: 800-642-2308)
- National Grid at 718-643-4050 (TTY: 718-237-2857)
- PSEG LI at 800-490-0075 (TTY: 631-755-6660)

✚ Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit.

✚ Try to avoid caffeine and alcohol as these will promote dehydration. Drink plenty of water along with sports drinks or other sources of electrolytes.

** Although the following sites are state specific, California and Nevada are no strangers to hot and sunny weather. We could learn something from their resources.

Websites with a .org extension are also viable online resources.

From the **California Energy Commission**



Summer Time Tips to Stay Cool - <http://www.consumerenergycenter.org/tips/staycool.html>

- Stay Cool
- At-Risk from High Heat Information compiled from various medical sources and websites
- Three Stages of Overheating

The best defense is **PREVENTION**.

Here are some precautions you can take...

- Wear light weight, light-colored loose-fitting clothing.
- Apply sunscreen with a Sun Protection Factor (SPF) rating of at least "SPF 15" to exposed portions of the body
- Limit exposure during the hottest hours: 10 a.m. to 6 p.m.
- If possible, avoid strenuous work or exercise outside.
- Take advantage of shade in the environment and/or wear a wide-brimmed hat.
- Stay in air-conditioned areas or use cooling fans to speed sweat

✚ Cotton clothing will keep you cooler than many synthetics.

- Other Things to Do and Not Do



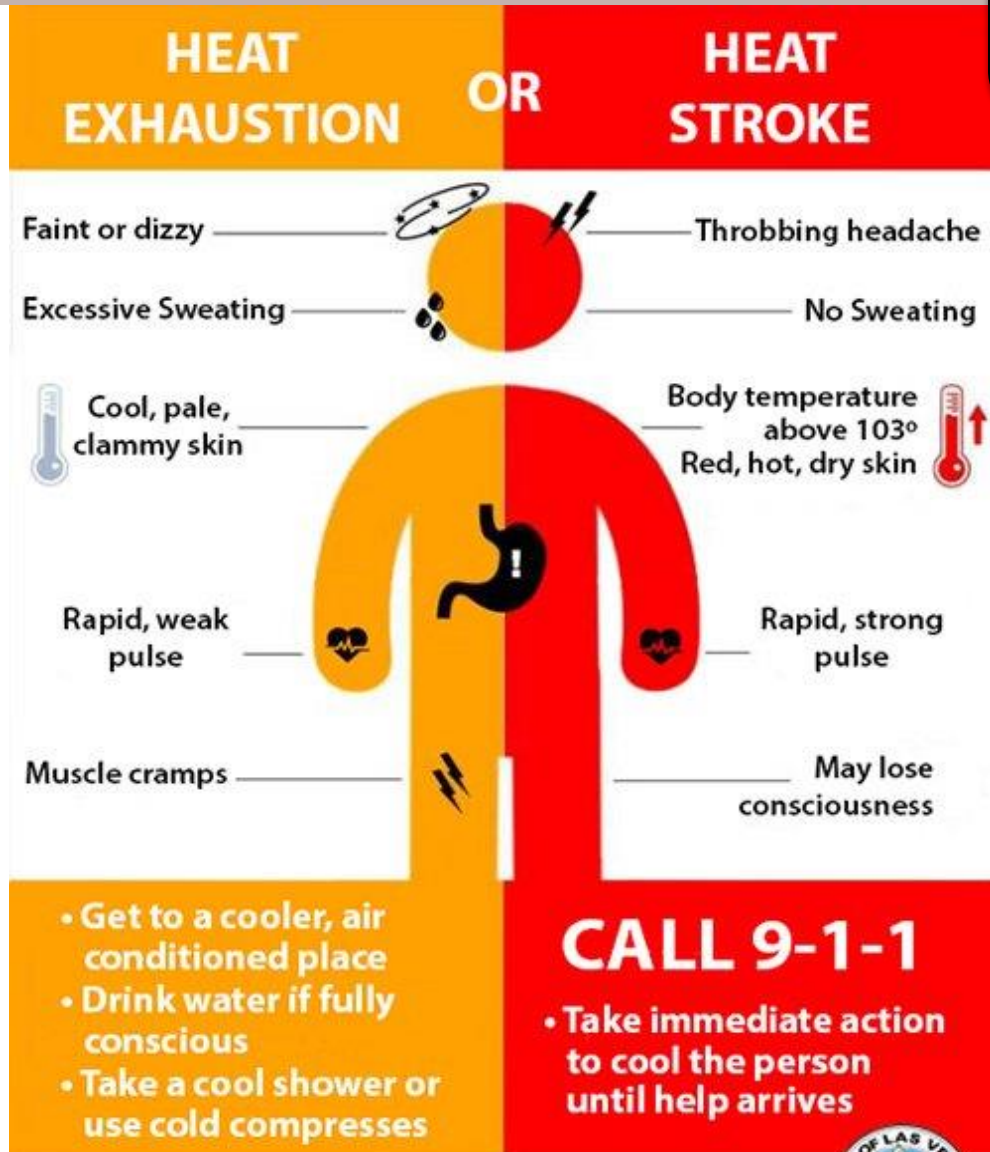
Image source: <http://8tracks.com/dharam66/chillin-in-the-hot-summer-sun>

From the City of Las Vegas Emergency Alerts



Twitter post dated June 2, 2016 - <https://twitter.com/CLVAlerts/status/738535734131359746>

The social networking service known as Twitter may be a .com but the contents of this diagram can be verified by .gov and .org websites.



lvalert.com



Now relax, eat outside, listen to some good music either by yourself or with your friends and family and enjoy everything you are fortunate to have – including this knowledge of summer weather safety!