



Tuesday's Tip

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

The July heat sizzles once again! During the hot summer months, make sure you are doing all you can to protect yourself & your family from sunburn, heat stroke, and other ailments that can end up being far more serious than you might suspect. [Keep Your Cool in the Summer Heat](#), a New York state [Department of Health](#) Publication, provides a simple, colorful fact sheet to help you protect against extreme weather emergencies or take action when they occur.



Keep Your Cool During Summer Heat

Summertime heat can be dangerous for anyone. Some people are at risk of serious health effects – even death – from getting overheated. Here's what you need to know about the effects

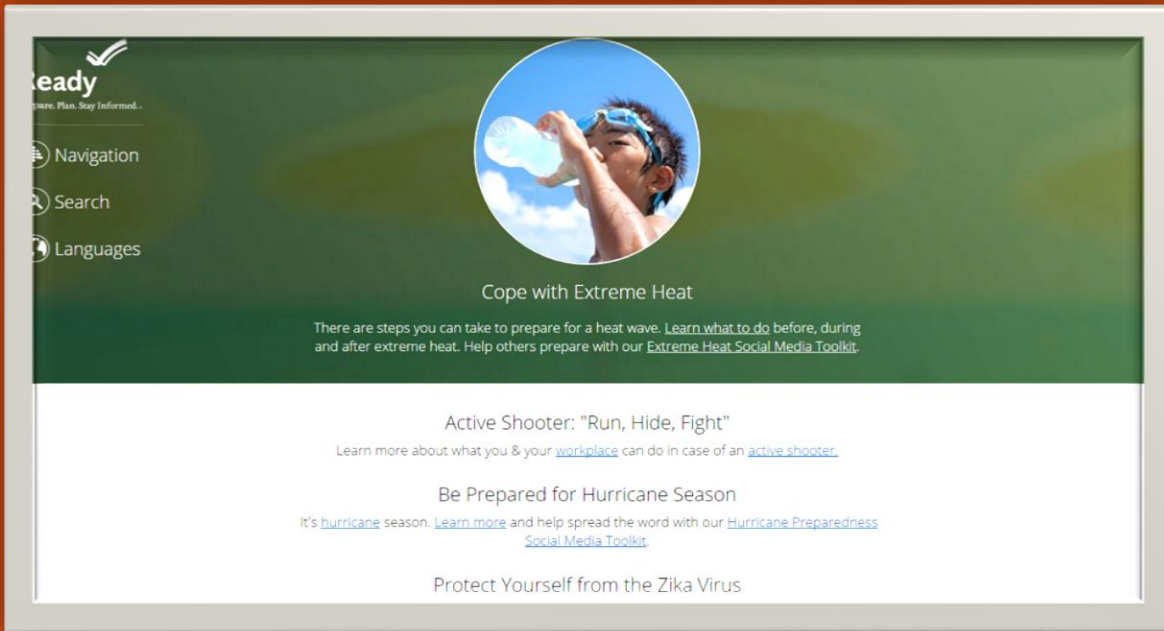
Overheated?

Heat-related illnesses occur when the body is unable to cool itself. The most common heat-related illnesses are heat stroke (sun stroke), heat exhaustion, heat cramps and heat rash. Here are the symptoms and first-aid responses.

Illness	Symptoms	What to Do
Heat stroke (sun stroke)	<ul style="list-style-type: none"> Hot, dry, red skin Rapid pulse High body temperature $\geq 105^{\circ}\text{F}$ Loss of alertness 	<ul style="list-style-type: none"> Call 911 immediately. Cool the person quickly. Bring to a cool place and use a cool bath or sponges, fans and AC.
This is an EMERGENCY! Act FAST!		Or

you need to know about the effects from getting overheated. Here's what serious health effects – even death – for anyone. Some people are at risk of

You can also learn more from the Department of Homeland Security's ready.gov website. This site provides information on preparing for a variety of natural disaster and weather emergencies such as extreme heat, hurricanes & drought, as well as other emergency preparedness information.



Beyond your physical well-being, keep a handle on your financial health with these [energy saving tips](#) for summer from the U.S. Department of Energy:

