

Pay Attention to the Heat

Staying Safe and Healthy During Heat Wave

Madison WI – July 16, 2013 – The full heat of summer has arrived and the National Weather Service is advising that we will have very hot weather through the end of the week. Make sure that you, your neighbors and pets stay safe from the harsh effects that these hot and humid days can have on health, safety and well being. The most basic advice is to stay cool and hydrated. There are a few more important things to pay attention to.

- Be sure to check in on your elderly and disabled neighbors. Extreme heat can be very dangerous for them, and some might be shy or unable to ask for help. So please risk being a nosy neighbor. Such efforts can make a huge difference in helping them to stay safe and healthy.
- Please don't push yourself or your kids too far with outdoor physical activities. Heatstroke can sneak up on you quickly, and it often requires a trip to the emergency room.
- NEVER leave your kids or your pets in a car, even with the motor and air conditioner running. If the engine stalls, the AC stops and temperatures in the car will very quickly rise to very dangerous levels. Exposure to these levels of extreme temperature can put a child or a pet at high risk for heat stroke, brain damage and death. So on hot or even just warm days, it's best to leave your pet at home, and to always take your child with you - no matter how short you think your errand will be. If you do see a parked car with a child or pet left alone, the proper thing to do is to call 911 and not leave until help arrives.

The bottom line here is that during this extreme heat, you need to watch out for yourself and pay attention to those around you.

For more information on the impact of heat on people, check the following links:

www.cdc.gov/niosh/topics/heatstress/#_Heat_Stroke

www.publichealthmdc.com/family/safetyAndInjuryPrevention/documents/KidsCarsHeat200808.pdf

For more information on heatstroke in animals, check the following link:

http://vetmedicine.about.com/od/summerheathazards/f/FAQ_heatstroke.htm

For a clear summary of the risks of leaving your dog in a hot car, see the special notice at:

www.publichealthmdc.com/environmental/animal/

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www.cityofmadison.com/news/view.cfm?news_id=3941