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SAFE



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FEDERAL ALLIANCE FOR SAFE HOMES

Heat Wave Safety

Heat is the number one weather-related killer in the United States, resulting in hundreds of fatalities each year. On average, excessive heat claims more lives each year than floods, lightning, tornadoes and hurricanes combined. Everyone is at risk from heat, especially the elderly, very young and those who work outdoors.

When temperatures soar, follow these safety rules:

- The coolest part of the day is normally sunrise, so plan any necessary strenuous activity for the morning.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine.
- Drink plenty of water even if you don't feel thirsty as water is most hydrating liquid to drink during a heat wave. Avoid alcohol and caffeine as they can intensify the negative effect of heat on your body.
- Wear lightweight, light-colored clothing to reflect some of the sun's energy.
- Never leave children, elderly or pets in the car even with the windows down. Although the outside air temperatures may seem comfortable, temperatures inside a vehicle can rise 40 to 50 degrees and swiftly create deadly, oven-like conditions.
- Avoid using salt tablets unless directed to do so by a physician.

Purchase and monitor NOAA All Hazards Weather Radio or visit www.flashweatheralerts.org to download a severe weather alerts App for your iOS or Android powered device.

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