



# Bastrop County Office of Emergency Management

PUBLIC SAFETY, PUBLIC TRUST

## TIPS & REMINDERS

### Avoid the Dangers of Central Texas Heat

Visit Bastrop County Office of Emergency Management FACEBOOK PAGE and WEBSITE at [www.co.bastrop.tx.us/page/em.home](http://www.co.bastrop.tx.us/page/em.home) for more on mitigation, preparedness, response and recovery

Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

Central Texas heat and sun can be deceptively dangerous. A relaxing afternoon floating in a lazy river can cause a painful sunburn. A hot summer morning pulling weeds in the flower bed can cause dizziness, heavy sweating and possible confusion. Even running back into the house for a few minutes after loading up the children and pets in the hot car can result in tragic consequence.

All these can be avoided by *planning ahead*, *staying alert*, and listening to the body's signals of distress and *taking action*.

The National Weather Service provides several simple reminders.

- **MONITOR WEATHER FORECASTS**

Common to Central Texas summer months, the high humidity factored in with the actual



hot temperatures, creates the “feels-like temperature,” that is sometime unbearable.

- ❖ Limit your time outdoors to early mornings and late evenings.
- ❖ Reschedule the outdoor activity for a cooler day.

- **GET WEATHER ALERTS**

- ❖ Sign up through Warn Central Texas at <https://warncentraltexas.org/>.
- ❖ Turn on smartphone emergency notifications.

When an **EXCESSIVE HEAT WATCH** is issued, dangerous high temperatures and / or humidities **ARE POSSIBLE; BE PREPARED.**

An **EXCESSIVE HEAT WARNING** is more urgent and is issued when dangerous high temperatures and / or humidities are **OCCURRING** or **ABOUT TO OCCUR; TAKE ACTION.**

- **PROTECT YOUR BODY**

- ❖ Wear and reapply sunscreen.
- ❖ Wear loose fitting, light-colored clothing.
- ❖ Take frequent shade breaks.
- ❖ Remain hydrated by drinking water and avoiding alcohol.

- **KNOW THE BODY’S DISTRESS SIGNALS**

- ❖ **HEAT EXHAUSTION**, including signs of dizziness, thirst, heavy sweating, nausea, and even weakness, is your body telling you to take a break. *Move to a cooler area, loosen clothing, sip on cool water. Seek medical help if you do not see improvement.*
- ❖ **HEAT STROKE, a medical emergency.** The body signals this serious threat through signs of confusion, dizziness and sometimes even leading to unconsciousness. *When treating someone suffering heat stroke, CALL 911 first. Move the person to a cooler area, loosen clothing, and cool with water or ice.*

- **TAKE CARE OF OTHERS**

- ❖ Check on the elderly, those with chronic illness, pregnant women, newborns, children and pets.
- ❖ Never leave children or pets in a hot car.
- ❖ Keep vehicle doors locked so that curious children don’t accidentally lock themselves in a hot car.

For more information on heat preparedness, visit <https://www.ready.gov/heat>.

Summertime can be a time to slow down the routine pace, relax and have fun with family and friends. Don’t get caught off guard and find yourself or others in a heat-induced, dangerous situation. **BE AWARE. BE PREPARED. TAKE ACTION.**

