



# VICTORIA HEAT

Mitigate risks by having the necessary preparations in place for when a heat wave comes

## HEAT CRAMP

### Symptoms

Muscle pains, Spasms in the abdomen, arms or legs

#### What to do:

- Stop activity and sit quietly in a cool place
- Increase fluid intake
- Rest a few hours before returning to activity
- Seek medical help if cramps persist



## HEAT EXHAUSTION

### Symptoms

Pale complexion and sweating, Rapid heart rate, Muscle cramps, Weakness, Dizziness, Headache, Nausea & Vomiting, Fainting

#### What to do:

- Lay them down on a cool area
- Remove outer clothing, wet skin
- Seek medical advice from a doctor



## HEAT STROKE

### Symptoms

#### Same symptoms as heat exhaustion:

Dry skin, Mental condition worsens, confusion, headache, dizziness, nausea, seizures, disorientation, delirium or collapsing, Unconsciousness

#### What to do:

- Call an ambulance
- Same treatments as heat exhaustion
- position the unconscious person on their side and clean their airway



## POWER FAILURE

### Important preparation

- Have a working torch
- Have a fully charged mobile phone or a telephone
- Have a battery-operated radio, ensure it have sufficient spare batteries
- Stock up on food items that do not require refrigeration or cooking
- Consider a battery-operated or hand held fan to assist with cooling.



# ON THE DAY

Check what things you should and what you should not do during a heat wave!

## ESSENTIALS GUIDE

### Stay Hydrated and avoid strenuous activity



- Keep a full drink bottle.
- Take small sips of water frequently.
- Avoid Caffeine and alcohol.
- Avoid heavy activity like sport, renovating and gardening.

### Keep your environment cool



- Draw your blinds.
- Close-off any rooms that you are not using.
- Open the windows when there is a cool breeze.

### Fan / Air Conditioner usage



- Using a fan with adequate ventilation.
- dangerous to use a fan without proper ventilation, when inside temperature is over 34 degree.
- Make sure air conditioner is on the right setting.

### Final Tips



1. Stay out of the sun! (Especially during the hottest part of the day)
2. Spend time in air-conditioned spaces, ensure to stay cool!

## KEEP YOURSELF COOL

- Place a loose damp cloth or scarf on the back of your neck.
- Spray or splash your face and the back of your neck with cold water several times a day
- Place your feet in cool water. Take cool showers.
- It is also helpful to open windows at night for ventilation with security.

# ON THE DAY FOR PETS

Bring them inside for shelter!

## COOL TILES



Let them enjoy the cool tiles or provide them a sturdy ice pack or a frozen water bottle.

## COOL WATER



### Communicating your vision.

Be sure to provide them with numerous sources of cool water.

## WET PET'S FEET



### Know what best to risk.

If your pet seems to be in discomfort, try wetting their feet and misting water onto their face

## WALK & SKIN PROTECT PET

### Transfer, sell, or close?



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## NO PET LEFT IN CAR



NEVER LEAVE YOUR PET IN THE CAR IN WARM WEATHER!

LEARN MORE AT [HTTPS://WWW.VICTORIA-HEAT.GA](https://www.victoria-heat.ga)