



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



- Your fair-skinned pet will need a special sunscreen for animals to protect it from sunburns
- It is better to walk them early in the morning or in the evening. (Hot ground may damage pet's paws)

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)