

# EXTREME HEAT PRECAUTIONS

Prolonged exposure to extreme heat and humidity can be life threatening. The Windham Fire Department and Emergency Management Department, along with the N.H. Division of Homeland Security and Emergency Management and Department of Health and Human Services, recommend that New Hampshire residents and visitors take the following precautions to protect themselves during the heat wave. If you need further information, please call 2-1-1.

- Stay indoors as much as possible.
- Slow down and avoid strenuous activity. Do not try to do too much on a hot day.
- If your home is not air conditioned, go to a place where you can get relief from the heat, such as air conditioned shopping malls, libraries, theaters or other community facilities that may offer refuge during the warmest times of the day.
- Check with your community for information about possible local 'cooling centers.' \*
- Children and seniors and those with heart and lung diseases are most at risk of heat-related illness.
- Check on the welfare of family, friends and neighbors. Call 9-1-1 immediately for anyone who is unresponsive or otherwise suffering from the effects of heat.
- Never leave children or pets alone in a closed vehicle for any length of time.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.
- Limit intake of alcoholic beverages. They can actually lead to dehydration.
- Eat well-balanced, light, regular meals.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- Exercise caution in plugging in air conditioners or fans. Do not use extension cords or plug in too many appliances on the same circuit.

*\* Windham currently does not have a cooling center in operation, however, there is one available in the Town of Derry at the Marion Gerrish Community Center located at 39 West Broadway. The center will be open July 6 and 7 from 8AM to 10PM. Visit [derry.nh.us](http://derry.nh.us), or call 2-1-1 for more information.*