



Boston EMS

Thomas M. Menino
Mayor of Boston



Hot Weather Safety Tips

Do	Don't
<ul style="list-style-type: none"> • DO drink lots of water and sport drinks. • DO wear loose fitting, light weight, light colored clothing. • DO check on elderly persons. • DO use SPF 15 (or higher) sunblock and wear a hat. • DO rest often in shady areas. • DO go to an air conditioned place such as a shopping mall during severe heat. • DO listen to the news and public announcements for heat advisories. 	<ul style="list-style-type: none"> • DON'T underestimate the seriousness of heat-related emergencies! • DON'T leave children or pets unattended in a vehicle. • DON'T drink alcoholic or caffeinated beverages. • DON'T stay in the hot weather if you feel sick. • DON'T overexert yourself or work outside without taking breaks. • DON'T hesitate to call EMS and seek medical attention!

Heat-related Emergencies

Heat Stroke	Heat Exhaustion
<ul style="list-style-type: none"> • Victim is often confused, disoriented • Skin is often HOT, RED, DRY • Body temperature is VERY HIGH <p>What to do:</p> <ul style="list-style-type: none"> • Heat stroke is an immediate medical emergency. Call 9-1-1. • Move the victim to a cool location out of the heat. • Place in front of a fan or in an air-conditioned room. • Place ice packs under armpits and groin. • DO NOT give the victim ANYTHING to eat or drink! 	<ul style="list-style-type: none"> • Skin is COOL, PALE, MOIST • Body temperature near normal • Heavy sweating • Possible headache, nausea, dizziness, vomiting <p>What to do:</p> <ul style="list-style-type: none"> • Call 9-1-1 immediately. • Move the victim to a cool location out of the heat. • Lay victim on his or her back and elevate legs. • Remove/loosen clothing. • Cool victim by fanning or applying cold packs, wet sheets, or towels.

EMERGENCY – EMS, Fire, Police
Dial 9-1-1