



*NEWS RELEASE*

Public Information Office

## SAN ANTONIO FIRE DEPARTMENT

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**For Immediate Release**

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### **Heat Injury Prevention Tips**

Summer is here and the temperatures in San Antonio are climbing!

- Keep hydrated! Drink water every half hour, even if you don't feel thirsty. Limit caffeine, alcohol and sugary drinks.
- Wear light colored; loose fitting clothing.
- Avoid sudden changes in temperature (for instance, air out a car before entering.)
- Try to stay in the shade between noon and 4 p.m.
- If the temperature is very high, reduce your activity to fifteen minutes at a time.
- Know the symptoms of heat related injury which may include headache, dizziness, nausea, or pale skin.
- If you recognize any of these symptoms in someone immediately move them to a cooler environment. Spray or sponge cool water onto their skin. If attempts to relieve symptoms fail or if vomiting and the appearance of sleepiness occur; call for emergency medical assistance.

Help "Our Family Protect Your Family"