

WEKIVA TERRACE

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HERE ARE SOME TIPS AND RESOURCES FOR HURRICANE PREPAREDNESS

- *Have enough supplies for your household, including medication, disinfectant supplies, cloth face coverings, and pet supplies in your go bag or car trunk.
- *Keep your cell phone charged when you know a hurricane is in the forecast and consider a backup charging device to power electronics.
- *Build an emergency preparedness kit.
- *Gather enough food, water, and other supplies for every member of your family to last several days.
- *Make an emergency plan and make sure everyone in your household knows and understands it.
- *Get those supplies early...

DO IT NOW! OR ELSE...



HEATSTROKE CAN OCCUR AS A RESULT OF:

Exposure to a hot environment. In a type of heatstroke, called nonexertional (classic) heatstroke, being in a hot environment leads to a rise in core body temperature. This type of heatstroke typically occurs after exposure to hot, humid weather, especially for prolonged periods. It occurs most often in older adults and in people with a chronic illness.

Strenuous activity. Exertional heatstroke is caused by an increase in core body temperature brought on by intense physical activity in hot weather. Anyone exercising or working in hot weather can get exertional heatstroke, but it's most likely to occur if you're not used to high temperatures.

**WORK OUTSIDE IN THE MORNING...STAY
HYDRATED...**

DRESS FOR THE WEATHER!

PETS + HEAT = Danger!

(Heatstroke can kill your pet)

More vulnerable to Heatstroke

Flat-faced • Short muzzled • Seniors •
Puppies • Sick • Heart & lung issues •
Overweight • Black/Dark coat •
Thick coat

Temperature might feel fine to humans, BUT often is too HOT for us.



Do NOT leave pets in car—even on a mild day—cracking windows & parking in shade do NOT help. Do NOT walk pets in the heat. Paws BURN on hot surfaces. Do NOT leave pets outside in the heat.

Animals don't sweat like humans, so they can't cool down EASILY or FAST. Keep pets safe. Keep them out of the heat!

PETS AND THE HEAT!!

Please be mindful and walk your pets during the early morning hours or when the sun goes down. Also, do not jog or run with your pets in this summer heat. If you are out with your pets, please bring water for them to drink as well!!! Pets can build up heat quickly in the hot summer and they can get heat stroke fast from which they cannot recover. (Remember, they need to be leashed!)

THE HEAT IS ON!

Heat Exhaustion vs. Heat Stroke

What is the difference?

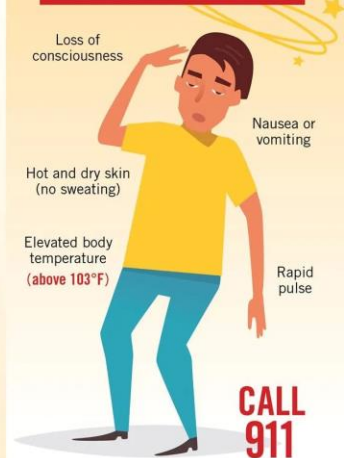
SIGNS OF HEAT EXHAUSTION



What to do:

If you or someone you know is experiencing **HEAT EXHAUSTION**, stop all activity, get to a cool spot and rest. Drink cool water.

SIGNS OF HEAT STROKE



What to do:

If you think a person is experiencing **HEAT STROKE**, seek immediate medical attention or **call 911**. While waiting for medical attention, move the victim to a shady spot and spray down with cool water.

CALL 911



24/7 EMERGENCY CARE

PREVENTION OF HEATSTROKE

Heatstroke is predictable and preventable. Take these steps to prevent heatstroke during hot weather:

*Wear loose fitting, lightweight clothing. Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.

*Protect against sunburn. Sunburn affects your body's ability to cool itself, so protect yourself outdoors with a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously and reapply every two hours — or more often if you're swimming or sweating.

*Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature.

*Take extra precautions with certain medications. Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.

*Never leave anyone in a parked car. This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees F (more than 6.7 C) in 10 minutes. It's not safe to leave a person in a parked car in warm or hot weather, even if the windows are cracked or the car is in shade. When your car is parked, keep it locked to prevent a child from getting inside.

*Take it easy during the hottest parts of the day. If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.

*Get acclimated. Limit time spent working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.



COMPLICATIONS OF HEAT STROKE

Heatstroke can result in a number of complications, depending on how long the body temperature is high. Severe complications include:

- Vital organ damage. Without a quick response to lower body temperature, heatstroke can cause your brain or other vital organs to swell, possibly resulting in permanent damage.
- Death. Without prompt and adequate treatment, heatstroke can be fatal.

