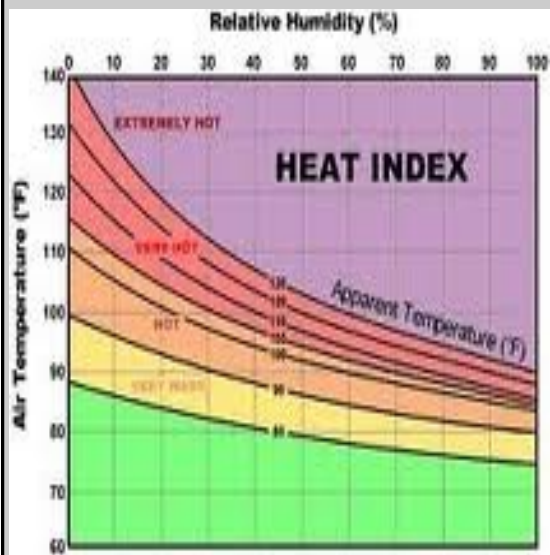


How to Protect Yourself

- Slow down, Stay Away from strenuous activity.
- Keep Cool and use common sense.
- Drink water (consult doctor if you have fluid intake restrictions.)
- Wear appropriate clothing.
- Wear sunscreen.
- Schedule outdoor activities carefully.
- Stay in air-conditioning or cooling center.
- Use a buddy system to help monitor those risks and have someone check up on you.



Symptoms of Heat-Related Illness

Stage 1: Sunburn

- Redness and Pain
- Swelling in the skin, blisters, and fever

Stage 2: Heat Cramps in Muscles. Muscle spasms occur after physical activity and can be very painful.

Stage 3: Heat Exhaustion

- Cool, moist, pale skin.
- Headache.
- Dizziness and weakness. or exhaustion.
- Nausea.
- Skin may or may not feel hot.

Stage 4: Heat Stroke: Most serious.

- Stopped sweating.
- Skin dry and hot.
- Strong Pulse.
- Vomiting or loss of consciousness.

Who is at Increased Risk?

- Anyone is at risk for heat-related illnesses.
- Children and elderly are at the greatest risk.
- People who are overweight, exercise strenuously outdoors or take certain medications or use alcohol are at higher risk.

What to do if you show signs of a Heat-related Illness?

- Go into the shade or an air-conditioned area.
- Cool off by taking a cool bath or spray yourself with water.
- Drink water.
- No Alcohol.
- Get medical assistance.

From 1936 to 1975, **20,000** People were killed due to Heat-Related Illness

For All of your information about
Connecticut: Call 2-1-1

2-1-1 is Connecticut's free information and
referral service.

Simply by dialing 2-1-1,
throughout Connecticut, call-
ers can reach knowledgeable,
multilingual staff and get in-
formation, referrals or seek
help in a crisis.



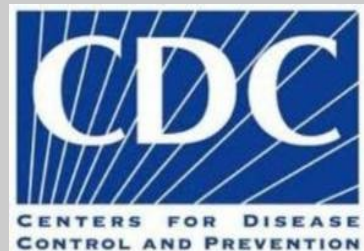
***FOR ALL
EMERGENCIES
DIAL
9-1-1***

Information
From

**New Haven
Office of
Emergency Management
203-946-8221**

**Rick Fontana
Deputy Director, Operations**

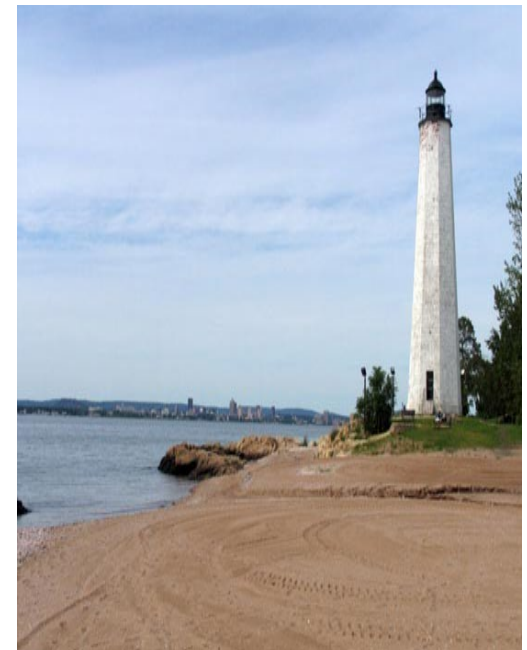
**Maggie Targove
Deputy Director, Admin/Planning**



**Heat Wave
Preparedness**

**City of New Haven
Emergency
Operations Center**

**John DeStefano, Jr.
Mayor**



www.cityofnewhaven.com