

People at Higher Risk of Heat-Related Illness

- Infants and young children
- Older Adults
- People with disabilities
- Chronic heart or lung problems
- Overweight persons
- Those who work outdoors or in hot settings.
- Users of some medications: especially some drugs for mental disorders, movement disorders, allergies, depression and heart or circulatory problems
- Isolated persons who won't know when or how to cool off or call for help



For More Information

Please contact the following agencies for more information about protecting your family from natural hazards:

Doña Ana County Local Emergency Planning Committee - www.donaanalepc.org
Office of Emergency Management
1170 North Solano, Suite O
Las Cruces, NM 88001
(505) 647-7900

National Weather Service El Paso/Santa Teresa - www.srh.noaa.gov/epz

Doña Ana County Flood Commission
www.donaanacounty.org/flood/
845 North Motel Boulevard
Las Cruces, NM 88007
(505) 647-7256

Elephant Butte Irrigation District
<http://www.ebid-nm.org/>
(505) 526-6671

New Mexico Emergency Management Association - www.nmemma.org

American Red Cross - www.redcross.org
Southwest New Mexico Chapter
1301 East Griggs Avenue
Las Cruces, NM 88001
(505) 526-2631

Federal Emergency Management Agency (FEMA) - www.fema.gov

Centers for Disease Control and Prevention (CDC) - www.cdc.gov

Unless otherwise noted, the information in this brochure has been adapted from National Institute for Occupational Safety and Health (NIOSH) and Center for Disease Control and Prevention.

HEAT

Natural Hazards

Of Southern New Mexico

Heat

The human body maintains a fairly constant internal temperature, even though it is being exposed to varying environmental temperatures. To keep internal body temperatures within safe limits, the body must get rid of its excess heat, primarily through varying the rate and amount of blood circulation through the skin and the release of fluid onto the skin by the sweat glands. Hot weather makes our bodies work harder - just to get rid of the heat.

During hot weather we need to take care of ourselves. When the body is unable to cool itself by sweating, heat stress, heat exhaustion or the more severe heat stroke can occur, and can result in death.

Make frequent checks on elderly, ill or disabled relatives, friends or neighbors and help them keep cool.

Tips for Preventing Heat-Related Illness

- Block out direct sun or other heat sources.
- Drink lots of water: about 1 cup every 15 minutes. Do not wait until you feel thirsty.
- Wear lightweight, light-colored, loose-fitting clothes.
- Avoid alcohol, caffeinated, or very cold drinks and heavy meals.
- Infants should drink breast milk or formula.
- Stay indoors and, if at all possible, stay in an air-conditioned place.



- Fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- **NEVER** leave anyone in a closed, parked vehicle.

GET COOL or get help NOW if you feel: Dizziness, Headache, Muscle Cramps, Weakness, Nausea or Vomiting

CALL 911 for these symptoms: Hot, dry skin, Unconsciousness, Chest Pain, Confusion, or Shortness of Breath

If You Must Work in the Heat

- Limit your outdoor activity to morning and evening hours.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses and by putting on sunscreen of SPF 15 or higher.

What to Watch For

Heat exhaustion symptoms

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Irritability or confusion.
- Upset stomach or vomiting

Heat stroke symptoms

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.