**Red Cross issues safety tips for hot weather**

In times of excessive heat, remember to check on those who may be alone and do not base an access to air conditioning.

- **Check in on family, friends and neighbors who do not have air conditioning who spend much of their time alone, or who are more likely to be affected by the heat.**
- **If someone doesn’t have air conditioning, they should seek shade and relief from the heat during the warmest part of the day.**
- **In hot cars, children are at risk.** Never leave a child, pet or any person in a closed vehicle.
- **If someone is experiencing heat cramps in the legs or abdomen, get them to a cooler place, have them rest, gently stretch the affected muscle, and replace their fluids with a half a glass (about 4 ounces) of cool water every 15 minutes.**
- **If someone is exhibiting signs of heat exhaustion, then move them to a cooler place, remove or loosen tight clothing and spray the person with cool water or fan them to cool down.**
- **If someone is showing signs of heat stroke, have them cool off with cool water or fans.**
- **If they are conscious, give small amounts of cool water to drink.**
- **Make sure the person drinks slowly, and watch for changes in condition.** If the person refuses water, vomits or begins to lose consciousness call 911.

**Stay hydrated by drinking plenty of fluids.** Avoid drinks with caffeine or alcohol.

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