

Extreme Heat Safety (Ready.gov)

- Drink water even if you don't feel thirsty
- Avoid alcohol because it causes dehydration
- Check on family, friends, and neighbors who do not have air conditioning
- Avoid strenuous work during the hottest part of the day, between 11 am and 4 pm.
- Use the buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover
- Protect face and head by wearing sunblock and a wide brimmed hat
- Check the weather/listen to [NOAA Weather Radio](http://www.noaa.gov) for critical updates from the National Weather Service (NWS).

Recognizing Heat Related Symptoms (cdc.gov)

Heat stroke	<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry, or damp skin• Fast, strong pulse• Headache• Feeling dizzy• Nausea• Feeling confused• Losing consciousness (passing out)	<ul style="list-style-type: none">• Call 911 right away- heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink
Heat exhaustion	<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Feeling tired or weak• Feeling dizzy• Headache• Fainting (passing out)	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water• Get medical help right away if:• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour

Food Safety Related to Power Outage (FDA.gov)

During a Power Outage

1. Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
 - The refrigerator will keep food cold for about 4 hours if it is unopened.
 - A full freezer will keep the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.
2. Buy dry or block ice to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should keep an 18 cubic foot, fully stocked freezer cold for two days.
3. If you plan to eat refrigerated or frozen meat, poultry, fish, or eggs while they are still at safe temperatures, it is important that each item is thoroughly cooked to a safe minimum internal temperature to ensure that any foodborne bacteria that may be present are destroyed. However, if at any point the food was above 40° F for 2 hours or more (or 1 hour if temperatures are above 90 ° F) — discard it.

Once Power is Restored . . .

Determine the safety of your food:

1. If an appliance thermometer was kept in the freezer, **check the temperature** when the power comes back on. If the freezer thermometer reads 40° F or below, the food is safe and may be refrozen.
 - If a thermometer has not been kept in the freezer, **check each package** of food to determine its safety. You can't rely on appearance or odor. If the food **still contains ice crystals** or is 40° F or below, it is safe to refreeze or cook.
 - Refrigerated food should be safe as long as the power was out for **no more than 4 hours** and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs, or leftovers) that has been at temperatures above 40° F for 2 hours or more (or 1 hour if temperatures are above 90° F).

Perishable food such as meat, poultry, seafood, milk, and eggs that are not kept adequately refrigerated or frozen may cause illness if consumed, even when they are thoroughly cooked.