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Dangerously high temperatures are in the forecast and several precautions can be taken to reduce the impact of the weather.

**Personal protection**

* Stay indoors as much as possible and limit your exposure to the sun
  + Stay on the lowest floors, out of the sunshine if air conditioning is not available
* Dress in loose fitting, lightweight, light colored clothing that covers as much of the skin as possible
* Check on family, friends, and neighbors who are at risk and may need additional assistance
  + Infants (0-4), elderly (>65), overweight, ill, taking certain medications, work/exercise outdoors
* Know the symptoms of heat-related health issues such as heat cramps, heat exhaustion and heat stroke and seek medical attention if health conditions are severe. <http://emergency.cdc.gov/disasters/extremeheat/heat_guide-page-3.asp>
* Bring your pets indoors or ensure they have a cool sheltered area with plenty of water

**Know the dangers of excessive heat** <http://emergency.cdc.gov/disasters/extremeheat/heat_guide-page-3.asp>

* Heat Rash
* Sunburn
* Heat Cramps
* Heat Exhaustion
* Heat Stroke

**At Work**

* Report facility issues to your building manager or the Work Coordination Center 737-2969
* Open windows in the morning to allow cool air into the building. Close shades in rooms that have direct sunlight to avoid heating the room. Note: DO NOT prop open fire doors.
* Conduct frequent rest/hydration periods when working outside

**At Home**

* Eat regular, light, well-balanced meals and limit your intake of alcoholic beverages
  + Do not take salt tables unless specified by a physician
* Limit your outdoor activities to the morning and evening hours, when it is cooler
* Use sunscreen, sunglasses, and wear a wide brimmed hat to provide shade
* Cut down on outdoor exercise. If you must exercise, replenish fluids every hour (16-32 oz cool fluid)
* Take a cool bath or shower before you go to bed to cool down

**In your Car**

* Never leave children, elderly, or pets in closed vehicles
* Have your vehicle inspected/serviced to ensure all cooling systems are working properly
* Before you travel, tell people where you are going and when to expect your arrival
* Check ODOT Tripcheck before you travel ([tripcheck.com](http://tripcheck.com/Pages/RCMap.asp?curRegion=0))

**References**

<http://www.ready.gov/natural-disasters>

<http://emergency.cdc.gov/disasters/>

<http://www.weather.com/life/safety/>

<http://www.disastersrus.org/emtools/hazard_specific_pages.htm>

[OSU Safety Instruction: Heat Stress](http://oregonstate.edu/ehs/sites/default/files/pdf/si/heat_stress_si092.pdf)