



Be Informed: Natural Disasters

Natural disasters such as flood, fire, earthquake, tornado and windstorm affect thousands of people every year.

Know Your Severe Weather Risks

You should know what your risks are and prepare to protect yourself, your family and community. Recognizing an impending hazard and knowing what to do to protect yourself and your family will help you take effective steps to prepare beforehand and aid recovery after the event.

Emergency Supply Kits & Family Emergency Plans

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family emergency plan, are the same for all types of hazards.

Preparing for Different Types of Threats

However each emergency is unique and knowing the actions to take for each threat will impact the specific decisions and preparations you make. By learning about these specific threats, you are preparing yourself to react in an emergency.

For more information, visit . . .

www.ready.gov

www.readyalabama.gov



Thunderstorms & Lightning

All thunderstorms are dangerous. Every thunderstorm produces lightning. Other associated dangers of thunderstorms include tornadoes, strong winds, hail and flash flooding. Flash flooding is responsible for more fatalities than any other thunderstorm-associated hazard. Lightning can start wildfires when it reaches the ground and continues to be one of the top-three storm-related killers in the United States. Lightning strikes can be debilitating long-term.

Know the Terms

Severe Thunderstorm WATCH

Tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to NOAA Weather Radio or local radio/TV for information.

Severe Thunderstorm WARNING

Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

Lightning Safety When Outdoors

IF YOU ARE:	THEN:
In a forest	Seek shelter in a low area under a thick growth of small trees.
In an open area	Go to a low place such as a ravine or valley. Be alert for flash floods.
On open water	Get to land and find shelter immediately.
Anywhere you feel your hair stand on end (which indicates that lightning is about to strike)	Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground.

Thunderstorms & Lightning - What To Do . . .

Before Thunderstorms & Lightning

- Build an **emergency kit** and make a **family communications plan**.
- Remove dead or rotting trees and branches that could fall.
- Postpone outdoor activities.
- Remember the **30/30 Lightning Safety Rule**: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Secure outdoor objects that could blow away or cause damage.
- Get inside a home, building, or hard top automobile (not a convertible).
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning.
- Shutter windows and secure outside doors, and close window blinds, shades or curtains.
- Unplug any electronic equipment well before the storm arrives.

During Thunderstorms & Lightning

- Use your battery-operated **NOAA Weather Radio** for updates from local officials.
- Avoid contact with:
 - corded phones and devices
 - electrical equipment or cords - unplug appliances and electrical items
 - natural lightning rods, e.g. single tall tree
 - concrete floors and walls
 - hilltops, open fields, the beach or boats on the water
 - anything metal—tractors, motorcycles, farm equip., golf carts, golf clubs, bicycles
- DO NOT wash your hands, take a shower, wash dishes, or do laundry. Plumbing and bathroom fixtures can conduct electricity.
- Stay away from windows and doors, stay off porches.
- Take shelter in a sturdy building—avoid isolated sheds or small structures in open areas.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers.

After Thunderstorms & Lightning

- Never drive through a flooded roadway. **Turn around, don't drown!**
- Stay away from storm-damaged areas.
- Continue to listen to a **NOAA Weather Radio** or local radio/TV for updated information or instructions.
- Help people who may require special assistance, such as infants, children, elderly or those with special needs.
- Stay away from downed power lines and report them immediately.
- Watch your animals closely. Keep them under your direct control.
- If lightning strikes someone, call 9-1-1 for medical assistance as soon as possible. Check for breathing, heartbeat, pulse, burns, broken bones, and loss of hearing and eyesight.

Tornadoes



Tornadoes – nature’s most violent storms – are spawned from powerful thunderstorms and can cause fatalities and devastate a neighborhood in seconds. Every state is at some risk from this hazard. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm.



Protect Lives - Build a Safe Room

Extreme windstorms in many parts of the country pose a serious threat to buildings and their occupants. Your residence may be built "to code" but that does not mean it can withstand winds from extreme events such as tornadoes and major hurricanes. The purpose of a safe room or a wind shelter is to provide a space where you and your family can seek refuge that provides a high level of protection. You can build a safe room in one of several places in your home.

- Your basement
- Atop a concrete slab-on-grade foundation or garage floor.
- An interior room on the first floor.

Safe rooms built below ground level provide the greatest protection, but above-ground safe rooms can provide the necessary protection. Below-ground safe rooms must be designed to avoid accumulating water during the heavy rains that often accompany severe windstorms. To protect its occupants, a safe room must be built to withstand high winds and flying debris, even if the rest of the residence is severely damaged or destroyed. Consider the following when building a safe room:

- The safe room must be adequately anchored to resist overturning and uplift.
- The walls, ceiling and door of the shelter must withstand wind pressure and resist penetration by windborne objects and falling debris.
- The connections between all parts of the safe room must be strong enough to resist the wind.
- Sections of either interior or exterior residence walls that are used as walls of the safe room must be separated from the structure of the residence so that damage to the residence will not cause damage to the safe room.

Additional information about Safe Rooms and other mitigation techniques is available at <http://www.fema.gov/library/irlSearch.do>.

Tornadoes – What to Do . . .

Before a Tornado

- Build an **emergency kit** and make a **family communications plan**.
- Listen to **NOAA Weather Radio** or commercial radio/TV for the latest information and instructions given by local emergency management officials.
- Be alert to changing weather conditions - watch for approaching storms.
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train.
- If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

During a Tornado

If you are in a structure:

- Go to a pre-designated shelter area (a safe room, basement, storm cellar, or the lowest building level).

If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck.

- In a high-rise building, go to a small interior room or hallway on the lowest floor possible.
- Put on sturdy shoes.
- Do not open windows.

A trailer or mobile home

- Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.

Outside with no shelter

- Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
- Watch out for flying debris. If your vehicle is hit by flying debris while you are driving, pull over and park.
- Stay in the car with the seat belt on. Put your head down below the windows and cover it with your hands and a blanket, coat or other cushion
- If you can safely get noticeably lower than the level of the roadway, leave your car and lie in that area, covering your head with your hands
- Do not get under an overpass or bridge. You are safer in a low, flat location.
- Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.

Tornadoes – What to Do . . .

After a Tornado

Injury may result from the direct impact of a tornado, including flying debris, or it may occur afterward during rescue attempts, cleanup and other post-tornado activities. Nearly a third of the injuries resulted from stepping on nails. Because tornadoes often damage power lines, gas lines or electrical systems, there is a risk of fire, electrocution or an explosion. Protecting yourself and your family requires promptly treating any injuries suffered during the storm and using extreme care to avoid further hazards.

Injuries

Check for injuries. Do not attempt to move seriously injured people unless they are in immediate danger of further injury. Get medical assistance immediately. If someone has stopped breathing, begin CPR if you are trained to do so. Stop a bleeding injury by applying direct pressure to the wound. Have any puncture wound evaluated by a physician. If you are trapped, try to attract attention to your location.

General Safety Precautions To Avoid Injury

- Continue to monitor your battery-powered radio or television for emergency information.
- Be careful when entering any structure that has been damaged.
- Wear sturdy shoes or boots, long sleeves and gloves when handling or walking on or near debris.
- Be aware of hazards from exposed nails and broken glass
- Do not touch downed power lines or objects in contact with downed lines. Report electrical hazards to the police and the utility company.
- Use battery-powered lanterns, if possible, rather than candles to light homes without electrical power. If you use candles, make sure they are in safe holders away from curtains, paper, wood or other flammable items. Never leave a candle burning when you are out of the room.
- Never use generators, pressure washers, grills, camp stoves or other gasoline, propane, natural gas or charcoal-burning devices inside your home, basement, garage or camper - or even outside near an open window, door or vent. Carbon monoxide (CO) - an odorless, colorless gas that can cause sudden illness and death if you breathe it - from these sources can build up in your home, garage or camper and poison the people and animals inside. Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or nauseated.
- Hang up displaced telephone receivers that may have been knocked off by the tornado, but stay off the telephone, except to report an emergency.
- Cooperate fully with public safety officials.
- Respond to requests for volunteer assistance by police, fire fighters, emergency management and relief organizations, but do not go into damaged areas unless assistance has been requested. Your presence could hamper relief efforts and you could endanger yourself.

Tornadoes – What to Do . . .

Inspecting the Damage

- After a tornado, be aware of possible structural, electrical or gas-leak hazards in your home. Contact your local city or county building inspectors for information on structural safety codes and standards. They may also offer suggestions on finding a qualified contractor to do work for you.
- In general, if you suspect any damage to your home, shut off electrical power, natural gas and propane tanks to avoid fire, electrocution or explosions.
- If it is dark when you are inspecting your home, use a flashlight rather than a candle or torch to avoid the risk of fire or explosion in a damaged home.
- If you see frayed wiring or sparks, or if there is an odor of something burning, you should immediately shut off the electrical system at the main circuit breaker if you have not done so already.
- If you smell gas or suspect a leak, turn off the main gas valve, open all windows and leave the house immediately. Notify the gas company, the police or fire departments, or State Fire Marshal's office and do not turn on the lights, light matches, smoke or do anything that could cause a spark. Do not return to your house until you are told it is safe to do so.

Safety During Clean Up

- Wear sturdy shoes or boots, long sleeves and gloves.
- Learn proper safety procedures and operating instructions before operating any gas-powered or electric-powered saws or tools.
- Clean up spilled medicines, drugs, flammable liquids and other potentially hazardous materials.



Know the Terms

Tornado Watch - Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.

Tornado Warning - A tornado has been sighted or indicated by weather radar. Take shelter immediately.

Floods



Did you know that your regular renters & homeowners insurance does not cover flood damages? Flood insurance is available.

Floods are **one of the most common hazards** in the United States . Some floods develop slowly, while others can develop in just a few minutes and without visible signs of rain. Floods can be local, impacting a neighborhood or community, or very large, affecting entire river basins and multiple states.

Flash floods can occur within a few minutes or hours of excessive rainfall or a dam or levee failure. Flash floods often have a dangerous wall of roaring water carrying rocks, mud and other debris. **Overland flooding**, the most common type, typically occurs when rivers or streams overflow their banks and flood surrounding areas. It can also occur when rainfall exceeds the capacity of underground pipes or streets and drains designed to carry flood water away from urban areas.

Causes of flooding include heavy rains, tropical storms and hurricanes, levee and dam failures, new construction and developments affecting the flood plain.

Are you at risk? Be aware of flood hazards no matter where you live or work, but especially if you are in low-lying areas, near water, behind a levee or downstream from a dam. Even very small streams, gullies, creeks, culverts, dry streambeds or low-lying ground that appear harmless in dry weather can flood. Remember, **anywhere it rains can flood**.

Know the Terms

Flood Watch

Flooding is possible. Tune in to NOAA Weather Radio, commercial radio or television for information.

Flash Flood Watch

Flash flooding is possible. Be prepared to move to higher ground; listen to NOAA Weather Radio, commercial radio or television for information.

Flood Warning

Flooding is occurring or will occur soon; if advised to evacuate, do so immediately.

Flash Flood Warning

A flash flood is occurring; seek higher ground on foot immediately.

Floods – What to Do . . .

Before a Flood

To prepare for a flood, you should:

- Build an **emergency kit** and make a **family communications plan**.
- Avoid building in a floodplain unless you elevate and reinforce your home.
- Elevate the furnace, water heater and electric panel in your home if you live in an area that has a high flood risk.
- Consider installing "check valves" to prevent flood water from backing up into the drains of your home.
- If feasible, construct barriers to stop floodwater from entering the building and seal walls in basements with waterproofing compounds.

Driving in Flood Conditions – Turn Around, Don't Drown!

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.
- Do not attempt to drive through a flooded road. The depth of water is not always obvious. The road bed may be washed out under the water, and you could be stranded or trapped.
- Do not drive around a barricade. Barricades are there for your protection. Turn around and go the other way.
- Do not try to take short cuts. They may be blocked. Stick to designated evacuation routes.
- Be especially cautious driving at night when it is harder to recognize flood dangers.

During a Flood

If a flood is likely in your area, you should:

- Listen to the radio or television for information.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground.
- Be aware of streams, drainage channels, canyons and other areas known to flood suddenly. Flash floods can occur in these areas with or without typical warnings such as rain clouds or heavy rain.

If you must prepare to evacuate, you should do the following:

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you have to leave your home, remember these evacuation tips:

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be swept away quickly.
- Do not camp or park your vehicle along streams, rivers or creeks, particularly during threatening conditions.

Floods – What to Do After the Flood. . .

Things to Remember

- Listen to the radio or television for information.
- Avoid moving water.
- Stay away from damaged areas unless your assistance has been specifically requested by police, fire, or relief organization.
- Return home only when authorities indicate it is safe.
- Stay off the roads & out of the way of emergency workers.
- Play it safe. If your car stalls in rapidly rising waters, get out immediately and climb to higher ground.
- If you come upon a barricade or flooded road, go another way.
- Stay on firm ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from underground or downed power lines.
- Avoid walking or driving through floodwaters. Roads and walkways often erode. Flood debris may hide animals and broken bottles, and surfaces may be slippery.
- Be cautious where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay out of any building that is surrounded by floodwaters.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.

Staying Healthy

- Be mindful of physical hazards and emotional stress on you and your family.
- Avoid floodwaters - water may be contaminated by oil, gasoline or raw sewage.
- Service sewer systems asap - damaged septic tanks, cesspools, pits and leaching are serious health hazards.
- Listen for news reports to learn whether the community's water supply is safe to drink. Boil water to ensure safety.
- Clean and disinfect everything that got wet. Mud left from floodwaters can contain sewage and chemicals.
- Rest often and eat well.
- Keep a manageable schedule. Make a list and do jobs one at a time.
- Discuss your concerns with others and seek help. Contact Red Cross for information on emotional support available in your area.

Cleaning Up and Repairing Your Home

- Turn off the electricity at the main breaker or fuse box, even if the power is off in your community. You decide when your home is dry enough to turn it back on.
- Get a copy of the book *Repairing Your Flooded Home* which is available free from the American Red Cross or your emergency manager. It will tell you:
 - How to enter your home safely.
 - How to protect your home and belongings from further damage.
 - How to record damage to support insurance claims and requests for assistance.
 - How to check for gas or water leaks and how to have service restored.
 - How to clean up appliances, furniture, floors and other belongs.
- The Red Cross can provide you with a cleanup kit: mop, broom, bucket, and cleaning supplies.
- Contact your insurance agent to discuss claims.
- Listen to your radio for information on assistance that may be provided by the state or federal government or other organizations.
- If you hire cleanup or repair contractors, check references and be sure they are qualified to do the job. Be wary of people who drive through neighborhoods offering help in cleaning up or repairing your home.

Flood Hazards & Insurance

Flood Risk

Flood risk isn't just based on flood history. It's also based on a number of factors including rainfall, topography, flood-control measures, river-flow and tidal-surge data, and environmental changes due to new construction and development.

Flood Insurance – National Flood Insurance Program (NFIP)

- Flood losses are not typically covered under renter and homeowner's insurance policies.
- FEMA manages the National Flood Insurance Program (NFIP), which makes federally-backed flood insurance available in communities that agree to adopt and enforce floodplain management ordinances to reduce future flood damage. Flood insurance is available in Tuscaloosa County.
- Flood insurance is available in most communities through insurance agents.
- There is a 30-day waiting period before flood insurance goes into effect, so don't delay.
- Flood insurance is available whether the building is in or out of an identified flood-prone area.

FIRM (Flood Insurance Rate Map) & Flood Insurance Studies

FEMA's Flood Insurance Study compiled statistical data on river flows, storm tides, hydrologic/hydraulic analyses, and rainfall and topographic surveys to create flood hazard maps that outline your community's different flood risk areas. This information is compiled in flood-hazard maps to show the flood risk for your community. The maps and studies help determine the type of flood insurance coverage you will need since standard homeowners and renters insurance doesn't cover flooding. The lower the degree of risk, the lower the flood insurance premium. Coverage starts as low as \$129 a year.

What you can do?

- Find out if your home or business is at risk for flood.
- Educate yourself about the impact a flood could have on you and your family.
- Talk to your insurance provider about your policy and determine if you need additional coverage.
- Contact the NFIP. They can help provide a means for property owners to financially protect themselves if additional coverage is required. The NFIP offers flood insurance to homeowners, renters, and business owners if their community participates in the NFIP.
- To find out more about the NFIP visit www.FloodSmart.gov.

Visit <http://www.FloodSmart.gov> for NFIP information



Extreme Heat

Extended periods of extreme heat is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions. Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Heat Disorders (aka Heat Exhaustion)

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat. Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

Know the Terms

Heat Wave - Prolonged period of excessive heat, often combined with excessive humidity.

Heat Index - A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps - Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke - A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke - Another term for heat stroke.

Excessive Heat Watch - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning - Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

Heat Advisory - Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).

Extreme Heat – What to Do . . .

Before Extreme Heat

- To begin preparing, you should build an **emergency kit** and make a **family communications plan**.
- Install window air conditioners snugly and insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.
- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- Get trained in first aid to learn how to treat heat-related emergencies.

During Extreme Heat

- Listen to **NOAA Weather Radio** for critical updates from the National Weather Service (NWS).
- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun, especially during the warmest part of the day.
 - If air conditioning is not available, stay on the lowest floor out of the sunshine or spend the warmest part of the day in public buildings.
- Postpone outdoor games and activities.
- Circulate air to help cool the body.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water even if you do not feel thirsty. Avoid drinks with caffeine. Consult a doctor before increasing liquid intake if you have health conditions.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing a wide-brimmed hat.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone. Check on your animals frequently to ensure that they are not suffering from heat.
- Avoid extreme temperature changes.
- Go to a designated public shelter if your home loses power during periods of extreme heat. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: shelter 12345). Or you can enter your zip code at www.211.org to find cooling-off centers.

First for Heat-Induced Illnesses

Condition	Symptoms	First Aid
Sunburn	Skin redness and pain, possible swelling, blisters, fever, headaches	<p>Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally.</p> <p>Apply dry, sterile dressings to any blisters, and get medical attention.</p>
Heat Cramps	Painful spasms, usually in leg and abdominal muscles; heavy sweating	<p>Get the victim to a cooler location.</p> <p>Lightly stretch and gently massage affected muscles to relieve spasms.</p> <p>Give sips of up to a half glass of cool water every 15 minutes. (Do not give liquids with caffeine or alcohol.)</p> <p>Discontinue liquids, if victim is nauseated.</p>
Heat Exhaustion	Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.	<p>Get victim to lie down in a cool place.</p> <p>Loosen or remove clothing.</p> <p>Apply cool, wet clothes.</p> <p>Fan or move victim to air-conditioned place.</p> <p>Give sips of water if victim is conscious.</p> <p>Be sure water is consumed slowly.</p> <p>Give half glass of cool water every 15 minutes.</p> <p>Discontinue water if victim is nauseated.</p> <p>Seek immediate medical attention if vomiting occurs.</p>
Heat Stroke (a severe medical emergency)	High body temperature (105+); hot, red, dry skin; rapid, weak pulse; and rapid shallow breathing. Victim will probably not sweat unless victim was sweating from recent strenuous activity. Possible unconsciousness.	<p>Call 9-1-1 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal.</p> <p>Move victim to a cooler environment.</p> <p>Removing clothing</p> <p>Try a cool bath, sponging, or wet sheet to reduce body temperature.</p> <p>Watch for breathing problems.</p> <p>Use extreme caution.</p> <p>Use fans and air conditioners.</p>

