



**American
Red Cross**

Pikes Peak Chapter

Pikes Peak Chapter
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News Release
NEWS RELEASE

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News Release

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For immediate release

American Red Cross Expert's Advise on Staying Cool in Record-breaking Heat

Colorado Springs, CO –

In recent years, excessive heat has caused more deaths than all other weather events, including floods. As temperatures and humidity levels soar in many parts of the country, protecting yourself and others from overheating is critical to avoid a potential heat-related illness. Here are some easy tips for staying safe during heat waves, courtesy of Dr. David Markenson, chair, American Red Cross Scientific Advisory Council.

- Never leave a child or pet in a parked car – even for a few minutes. The inside temperature of a car can quickly reach 120 degrees.
- Stay hydrated. Drink plenty of fluids throughout the day – even if you don't feel thirsty. Avoid drinks with caffeine or alcohol that dehydrate the body.
- Dress for the heat. Wear loose-fitting, lightweight, light-colored clothing in layers. Avoid dark colors that absorb the sun's rays.
- If you must work outdoors, take frequent breaks to hydrate and cool yourself. Avoid strenuous exercise during the hottest part of the day.
- Protect yourself from sun exposure even on cloudy or hazy days. In addition to dressing for heat, apply a broad-spectrum (protection against both UVA and UVB rays) sunscreen and reapply as indicated, wear eye protection (wraparound sunglasses that provide 100 percent UV ray protection) and wear a wide-brimmed hat.
- Be a good neighbor. Check in on the elderly, young children and pets to make sure they are not suffering from the heat.

Additional heat safety tips are available on redcross.org. Learn how to prevent and treat heat-related illnesses by attending a Red Cross First Aid course. Contact your [local Red Cross](#) or visit redcross.org/training for details or to register.

Persons with disaster-caused needs are encouraged to call the Red Cross at 719-632-3563 to talk about assistance that might be available.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. For more information, please contact the Pikes Peak Chapter at 719-632-3563 or visit www.pparc.org.

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