

Hidden Cache Prepper Hot Weather Cooling Tips

Below are tips for preparing for, and surviving extreme heat emergencies.

Heat Exhaustion Symptoms

Heavy Sweating	Headache	Muscle Cramps	Feeling Weak / Tired	Body Temp of 101° - 104°	Feeling Thirsty
Cold, Clammy Skin	Dizziness	Nausea / Vomiting	Fast, deep breathing	Fast and Weak Heart Rate	Low Blood Pressure upon standing

Heat Stroke Symptoms

Body Temp of 104° or higher	Mental Confusion	Rapid Pulse/Breathing	Lack of Sweating	Dizziness
Nausea / Vomiting	Loss of Consciousness	Headache	Hot / Damp / Red Skin	Seizures

1. Be alert to the symptoms of heat exhaustion and heat stroke. Seek prompt medical care.
2. Limit physical activity outside during peak day-time hours.
3. Ice/gel packs can be placed in the armpits, on wrist/ankles, in the groin and on the neck to actively cool the body.
4. If practical, cold showers and baths can be used to rapidly cool the body and for comfort in a nonemergency situation.
5. Avoid applying rubbing alcohol to the skin for evaporative cooling, especially with children. Also, avoid using washcloths and towels soaked in rubbing alcohol for evaporative cooling. The rapid evaporation of the alcohol causes immediate cooling but can lead to shivering, which raises body temperature. In both instances, absorbing large amounts of alcohol can lead to alcohol poisoning
6. Stay hydrated. Drink plenty of water **before** you feel thirsty!
7. **Remember: 1 gallon, per person, per day.** This is separate from the water needed for hygiene, cooking and sanitation.
8. Ensure that medications requiring refrigeration are kept cool. Place in coolers with ice, if necessary.
9. Limit the consumption of sugary and alcoholic beverages. The same goes for coffee.
10. Electrolyte replacement drinks and drink mixes work, too, but do not replace drinking water. Again, watch the sugar.
11. Limit the consumption of foods and snacks with a high salt content.
12. Basements are generally cooler, if below grade, than ground and upper-level floors. If available, and practical to do so, camp out in the basement or lowest level of the building you're in.

Monitor the elderly, children, and those with significant medical conditions closely for symptoms of heat emergencies. Seek prompt medical treatment. Consult your healthcare provider for situation-specific medical guidance.

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13. Cover windows and doors with blackout and heat-blocking curtains. Open curtains, windows, and doors at night, if practical, when it's cooler.
14. If practical, open doors and windows on opposite sides of the house to create a cross-breeze.
15. Use spray bottles full of cold water to create a cooling mist as you sit in front of a fan.
16. Place frozen bottles of water in a shallow basin, and place this in front of a fan to create a cooling stream of air as the ice melts.
17. Use USB and battery-powered fans to cool the room and your person. Wearable, fans are also viable, and don't forget about paper fans!
18. Place a damp towel in front of a fan to create a cooling stream of air.
19. Wear loose fitting clothing made from natural fibers such as cotton and hemp.
20. Use gel packs, cooling towels and pads for extra comfort. Refreeze as necessary.
21. If possible, prepare foods that require minimal cooking to avoid raising the interior temperature. If you must cook, and can do so, cook outside.
22. Minimize using the oven as it produces a tremendous amount of heat. The same goes for other appliances such as the dishwasher on the dry cycle and clothes dryers.
23. Check on your neighbors regularly and assist as best you can.
24. Stay Hydrated. Drink plenty of water **before** you feel thirsty!
25. Don't forget your pets! Keep them inside and with access to fresh water.

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