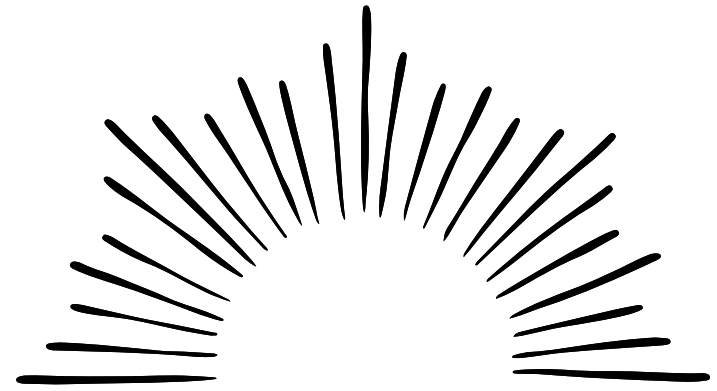




STAY SAFE OUT THERE!




**SUMMER TIPS:**

**WHEN IT'S HOT**

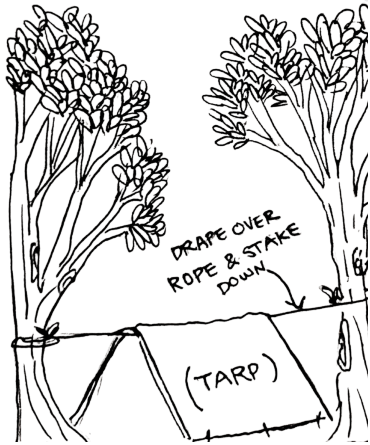
**&**

**YOU'RE OUT IN IT**

 @blackthistle.streetaid



## SUN EXPOSURE



- stay out of the sun as much as possible
- use tarps, umbrellas, tents etc as shade structures
- rest often--avoid a lot of activities or long walks in direct sun
- spend time in public spaces with A.C. during the hottest part of the day (malls, libraries, community centers)
- Line the outside of your tent with space blankets to reflect the sun off (this will make you much more visible to people though so beware)
- take a dip in wild water like a river or lake if available, or use a papertowel or shirt and a public bathroom sink or water fountain to cool off or find a local "splash pad"

- At night, wet a shirt/rag, or take a cold dunk, open your tent flaps to cool off. Be mindful though, our nights can still get cold in the summer--do not sleep with wet clothes/things if temps still dip into the 60s at night. Don't get hypothermia in the middle of summer!
- check the [lanecounty.org](http://lanecounty.org) website for updates on potential pop-up cooling shelters during extreme hot weather spells

## CLOTHES



protect face & head by wearing a hat or covering of some kind

lips, eyes & ears can get sunburned!  
Wear sunscreen and sun protection like sunglasses and chapstick with SPF.

wear loose-fitted light-colored, lightweight clothes, covering as much skin as possible

avoid dark colors because they absorb sun's rays

air out your feet daily  
\*cornstarch or baby powder can be placed in shoes if you are sockless and can also be used elsewhere to prevent chaffing (rubbing)

## HEAT EXHAUSTION

Though less threatening than heat stroke, heat exhaustion should still be taken seriously!

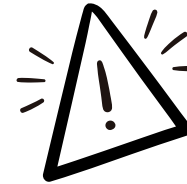
Symptoms can include:

- excessive sweating
- cool moist skin with goosebumps while in heat
- dizziness
- low blood pressure when standing
- muscle cramping
- headache
- weak, rapid pulse



Treatment:

- stop all activity
- seek shade or a cooler environment immediately
- re-hydrate
- remove excess clothes
- use a fan, or something to fan yourself with
- wet towels and place or if available spray/mist your head, neck, armpits & groin



## HEAT STROKE

Heat Stroke is a medical emergency! CALL 911!

Symptoms include:

- dry, hot skin--no sweating
- altered mental state (confusion, anger, slurred speech)
- nausea/vomiting
- flushed skin
- throbbing headache
- rapid, shallow breathing

- \*Seek shade or a cooler environment immediately \*
- re-hydrate,
  - remove excess clothing,
  - use a fan, wet towels, cold packs, spray bottle/mister on head, neck, armpits, groin while waiting for EMS to arrive

## CAR STUFF!

- block/sun-out windows or make curtains out of sheets from thrift stores or old shirts



- crack windows at night and then close early a.m. before the heat comes
- park in a shaded area
- avoid running AC nonstop to avoid CO2 poisoning. You can use AC right before bed and then turn it off. Portable fans are a nice alternative.

### \*Signs of carbon monoxide (CO2) poisoning\*

- Dull headache
- weakness
- dizziness, confusion, blurred vision
- nausea, vomiting
- shortness of breath
- loss of consciousness

**If you or someone you're with may have carbon monoxide poisoning, get into fresh air immediately & seek medical care!**

## PETS

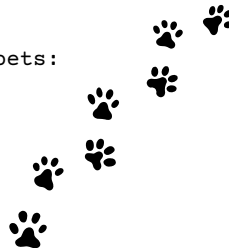
- Provide lots of water
- keep your pets in the shade/cool places as much as possible
- soak vests, rags in water and place them on your pet
- if your pet likes water, consider a dunk in the river or going to a "splash pad"
- limit exercise/motions, walk on grass as much as possible-asphalt burns paws
- animals with white ears can get sunburned easily
- animals with short noses have a harder time breathing and cooling

### Signs of heatstroke in pets:

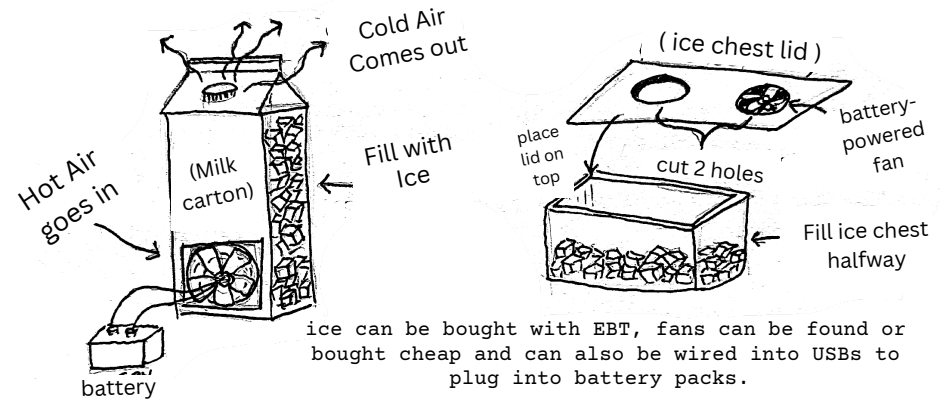
- heavy panting
- glazed eyes
- rapid heartbeat
- excessive thirst & saliva
- vomiting
- deep red or purple tongue
- seizure
- unconscious

### Animals most at risk of heat illness:

older animals, babies (puppies/kittens), overweight, out of shape.  
Seek veterinary help immediately, get your animal to a cooler place, apply cold packs or cool wet towels



**DIY AC:** With just a bag of ice, little fan, battery and a milk carton or ice chest you can have an AC unit!



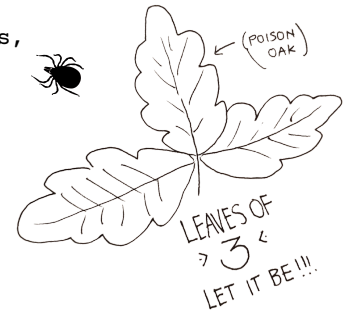
- if you have a spray bottle, spray your neck/face/armpits with water then use a hand fan or magazine (or this zine!) to fan yourself & cool off

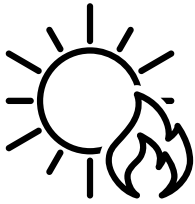


## HEALTH STUFF

### People at higher risk of sun related illnesses:

- 65yrs & older
- babies & children
- overweight
- heart disease
- high blood pressure
- taking medications for depression, insomnia, circulation or anti-psychotics
- Check yourself each day for rashes, cuts, bugbites, ticks and wash up if you can either using wipes, sink "birdy baths", clean wild water or an actual shower if you have access.
- Keep any meds you have in a cooler with an ice pack if possible to avoid overheating them.
- Wake up buddies who may be nodding out in the sun & help them move to the shade
- Stimulant/Cocaine use in the heat has a higher risk of overdose and overamping. Use cautiously!





## SUNBURN

Sun burn can happen even on a cloud-covered day! sun exposure can leave skin burned, red, warm, painful, itchy and generally uncomfy!

- cover the affected area up with soft, light clothing
- apply a cold compress if the area feels hot to touch
- try not to expose the area to the sun again until it heals
- drink plenty of water
- apply aloe or apple cider vinegar or witch hazel on the burn to help sooth the swollen tissue
- apply coconut oil or lotion to areas as they dry up to prevent peeling.

## HEAT CRAMPS

Loss of nutrients & a lot of sweating and dehydration can cause painful cramps called "heat cramps."

### Symptoms:

- excessive sweating
- tired
- thirsty
- muscle cramps



### Treatment:

Rest, get to a cooler place, hydrate with electrolytes and gently stretch the muscle that is cramping

## HYDRATION



- Drink lots of water\* even if you don't feel thirst--but too much water can make you sick!
- Eat food with a little salt, but not too much as that will only make you more dehydrated
- Use electrolyte packs or drink sports drinks along with regular water to replenish what you sweat out.
- cut down caffeine, alcohol & other drugs if possible--these make it hard for the body to regulate temps & our bodies are already working overtime in high heat
- carry a bottle of water with you wherever you go--it's better to have it and not need it than be stuck hot & thirsty
- Avoid drinking wild water (lakes, streams, rivers) unless you have proper filtration or means to boil it first.
- Find a public drinking fountain near you and sit by it for the afternoon if need be.

## FOOD STUFF

- Eat balanced light meals even if you are not hungry & avoid "dry stuff" like crackers.
- Dairy and heat are not friends--do not leave things like milk, cheese, yogurt, eggs in the sun.
- If you are staying near a relatively cold water source and you happen to have a cooler or sturdy plastic bag, you can place your more perishable items in there and put the bag or cooler in the water (wedging it between rocks if it's a river so that it doesn't float away)
- Some cheap foods to eat in the heat and get added bonuses:
  - sunflower seeds (protein, salt)
  - watermelon/melons (sugar, hydration)
  - bananas (potassium, sugar)

