

Grand Island Fire Department

Extreme Weather Safety Tips



FIRE SAFETY
We all take part

Seek medical care immediately if you have or someone you know has symptoms of heat related illness. Warning signs and symptoms vary but may include:

HEAT EXHAUSTION

WATCH FOR THE SIGNS

- ◆ Heavy sweating
- ◆ Weakness
- ◆ Cold, pale, clammy skin
- ◆ Fast, weak pulse
- ◆ Nausea or vomiting
- ◆ Fainting

HEAT STROKE

WATCH FOR THE SIGNS

- ◆ High body temperature (above 103° F)
- ◆ Hot, red, dry or moist skin
- ◆ Rapid and strong (bounding) pulse
- ◆ Possible unconsciousness.

MORE TIPS

- ◆ Avoid using the stove or oven to cook.
- ◆ Wear loose, lightweight, light-colored clothing.
- ◆ Avoid alcohol or liquids containing large amounts of sugar.
- ◆ Drink from two to four cups of water every hour while exercising. Muscle cramping can be an early sign of heat related illness.
- ◆ Schedule activities for early or later in the day.

It's HOT Outside!

Extremely high or unusually hot temperatures can affect your health. On average, 675 deaths from extreme heat events occur each year in the United States. **Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition.**

Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke.

- ◆ **STAY COOL.** Stay in air-conditioned buildings as much as possible and avoid direct sunlight.
- ◆ **STAY HYDRATED.** Drink plenty of water and don't wait until you're thirsty to drink.
- ◆ **STAY INFORMED.** Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.
- ◆ Check on the **ELDERLY**, or people aged 65 years or older, to make sure they are safe by staying cool and hydrated.
- ◆ **People with a chronic medical condition** are less likely to sense and respond to changes in temperature. Also, they might be taking medications that can intensify the effects of extreme heat.
- ◆ Never leave **children or pets** in a parked vehicle.
- ◆ **Pace activity.** Start activities slowly and pick up the pace gradually.
- ◆ Wear and apply sunscreen as directed.

EXTREME COLD

Monitor Body Temperature

- ◆ Infants less than one year old lose body heat more easily than adults and, unlike adults, they can't make enough body heat by shivering.
- ◆ The elderly also make less body heat and have lower body fat.

Protect Yourself From Cold

- ◆ Dress in several layers of lightweight clothing, which will keep you warmer than a single heavy coat.
- ◆ Mittens provide more warmth to your hands than gloves.
- ◆ Wear a hat, preferably one that covers your ears.
- ◆ Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.

Hypothermia Signs and Symptoms

- ◆ Confusion
- ◆ Dizziness
- ◆ Exhaustion
- ◆ Severe, uncontrolled shivering

Frostbite Signs and Symptoms

- ◆ Numbness in hands or feet
- ◆ Flushed gray, white blue or yellow skin discoloration
- ◆ Waxy feeling skin
- ◆ Blisters

STORMY WEATHER

The Grand Island area is known to experience a wide range of extreme weather throughout the year.

Blizzards, Ice Storms, Flooding, Thunderstorms and Tornadoes are just some of the conditions that can occur.

The best way for you and your family to stay safe in extreme weather is to **be prepared** and **stay informed** of changing weather conditions.

- ◆ Listen to your radio or television for storm forecasts and other information. Sign up for text alerts.
- ◆ Do not drive unnecessarily during any extreme weather conditions. **NEVER** attempt to cross a flooded roadway.
- ◆ **Prepare a Home Tornado Plan.** Pick a place in the home where family members can gather. It could be a basement, a center hallway, bathroom or closet on the lowest floor. Keep this place uncluttered. If you are in a high-rise building or mobile home, determine the location of your designated shelter.
- ◆ **Assemble a Disaster Supply Kit.**
 - ◇ First aid kit and essential medications.
 - ◇ Canned food and can opener.
 - ◇ Clean drinking water.
 - ◇ Protective clothing, bedding or sleeping bags.
 - ◇ Battery powered radio, flashlight and extra batteries.
 - ◇ Special items for infant, elderly or disabled family members.
 - ◇ Instructions on how to turn off electricity, gas and water, if necessary.

Know what a Tornado WATCH and WARNING means

- ◆ A tornado **WATCH** means that a tornado is possible in your area.
- ◆ A tornado **WARNING** means that a tornado has been sighted and may be headed for your area. **SEEK SHELTER IMMEDIATELY.**

THUNDERSTORMS

Thunderstorms, packing lightning, hail and strong winds, are among the most common and most dangerous weather events. Know what actions to take when one threatens.

- ◆ Postpone outdoor activities, and go indoors if you are outside.
- ◆ Remove dead or rotting trees and branches that could fall or be blown around and cause injury or damage.
- ◆ Unplug appliances or electronic equipment. Consider buying a whole-house surge protector.
- ◆ Stay away from windows during high winds or hailstorms.

Grand Island Fire Department

100 East First Street, Grand Island, NE 68801
308-385-5444, Ext. 220

- ◆ Station 1
409 E. Fonner Park Rd. 385-5300
- ◆ Station 2
1720 N. Broadwell Ave. 385-5310
- ◆ Station 3
2310 S. Webb Road 385-5337
- ◆ Station 4
3690 W. State St. 385-5387