

当外面天热时，您可以采取重要措施保护自己，朋友和家人的安全。

在天热时，切勿将儿童，残疾人或宠物留在停放的车辆内。

保持凉爽：

- 呆在阴凉处，如果可以就呆在有空调的地方，或到地下室等阴凉处。
- 穿轻便浅色的宽松衣服。
- 洗凉水澡。
- 打开风扇，但不要把依赖风扇作为保持凉爽的唯一方法。
- 到有开着空调的公共建筑 楼室内去。

保持水分充足：

- 比平常喝的水更多，特别是您在户外锻炼或活动的时候。
- 积极主动，不要等到渴了才喝水。
- 不要喝含酒精或含咖啡因的饮料。

保持知情：

- 跟进当地的天气和新闻报道。
- 在 vtalert.gov 天气的警报网站上注册。在 vtalert.gov
- 查看卫生局和佛蒙特州紧急管理的社交媒体。

听从您的身体：

- 在炎热的时候放松一下。
- 尽量减少在户外工作和锻炼，尽可能在凉快的时候做这些活动。
- 如果您感觉不适，请寻求帮助。
- 如果您觉得晕眩或虚弱，请停下来您正在做的事情。
- 如果您是慢性病患者，更加应该谨慎。

不要做一个漠不关心的人：

- 去查看您所关爱的人和邻居，尤其是那些年长者和慢性病患者。
- 确保他们喝足够的水并保持凉爽。
- 提醒他们要认真对待炎热的天气。

让您的家凉爽：

- 遮光挡太阳。
- 白天外面比里面热的时候把窗户关上。

- 夜晚外面比里面凉爽的时候把窗户打开。
- 打开风扇把外面凉爽的空气吹进来或把里面的暖空气排出去。
- 尽量少用炉头，烤箱或其他发热器具。

了解热病的症状和体征

热衰竭

症状和体征：

- 晕倒或晕眩。
- 过度出汗。
- 皮肤苍白湿冷。
- 恶心或呕吐。
- 脉搏快速，虚弱。
- 肌肉痉挛。

该怎么办：

- 喝水
- 前往阴凉处降温，到有空调的凉爽的地方去、洗个凉水澡或使用冷敷来降温。
- 喝了水或尝试降温后如果症状恶化或持续，拨打9-1-1。

中暑

症状和体征：

- 搏动性头痛。
- 不出汗。
- 体温103°F以上。
- 皮肤红，热和干燥。
- 恶心或呕吐。
- 脉搏快速，虚弱。
- 可能会有失去意识或意识混乱迹象。

该怎么办：

- 拨打9-1-1。
- 立刻采取行动让其降温直到援助到达。

Stay Safe When It's Hot Outside

When it starts to get hot outside, there are important steps you can take to keep yourself and your friends and family safe.

Never leave children, people with disabilities, or pets inside a parked vehicle when it's hot.

Stay Cool

- Stay in the shade, in air-conditioning if you can, or in cool places such as basements.
- Wear lightweight, light-colored, loose-fitting clothing.
- Take cool showers.
- Use fans, but don't rely on them as the only way to stay cool.

Stay Hydrated

- Drink more water than usual, especially if you are exercising or being active outdoors.
- Be proactive, don't wait until you are thirsty to drink water.
- Don't drink alcoholic and caffeinated beverages.

Stay Informed

- Follow local weather and news reports.
- Sign up to for weather alerts at vtalert.gov.
- Check Health Department and Vermont Emergency Management social media.

Listen to Your Body

- Take it easy when it's hot.
- Reduce outdoor work and exercise and limit it to the cooler parts of the day.
- Ask for help if you feel sick.
- Stop what you are doing if you feel faint or weak.
- Be more cautious if you have a chronic health condition.

Don't Be a Stranger

- Call your loved ones and neighbors to check on them, especially if they are older or have chronic health conditions.
- Make sure they are drinking enough water and staying cool.
- Remind them to take heat seriously.

Cool Your Home

- Draw shades to keep out the sun.
- Close windows during the day when it's hotter outside than inside.
- Open windows at night when it's cooler outside than inside.
- Use fans to blow in cooler outside air or vent out warmer inside air.
- Limit use of the stove, oven and other heat-generating appliances.

Know the Signs and Symptoms of Heat Illness

Heat Exhaustion

Signs and Symptoms

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

What to do:

- Drink water.
- Try to cool down by getting to a shaded area, getting to a cooler, air-conditioned place, taking a cool shower, or using a cold compress.
- Call 9-1-1 if these symptoms worsen or continue after drinking water and trying to cool down.

Heat Stroke

Signs and Symptoms

- Throbbing headache
- No sweating
- Temperature above 103°F
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, weak pulse
- May lose consciousness or signs of confusion

What to do:

- Call 9-1-1.
- Take immediate action to cool the person down until help arrives.