

Castle Hills Fire Department Hot Weather Health Alert

The following health precautions have been issued by the City of San Antonio and are recommended for hot weather days to avoid dehydration and heat-related illnesses, especially among vulnerable populations such as the elderly and young children:

- * Drink non-alcoholic and caffeine-free liquids, such as water and juices.
- * Be aware of those at high risk, such as the elderly, infants and children up to 4 years of age, someone who is overweight or someone on medication. Rest frequently in a shady area.
- * Do not leave infants, children, the elderly or pets unattended in a parked car (even if the windows are down or the air conditioning is on) or other hot environment.
- * Plan to exercise and do other strenuous activities early or late in the day when it is cooler.
- * Use an umbrella, hat or sun screen to protect your skin from the sun and wear loose-fitting and light clothing to help heat escape away from your body.
- * Ask your physician whether you are at particular risk because of medication.
- * Remember to leave fresh water in the bowl for pets kept outdoors and provide as much shade as possible.
- * If you feel any symptoms of heat illness such as dizziness, nausea, muscle cramps or headache, immediately stop all activity and move to a cooler area to rest and drink fluids. Medical attention should be sought if symptoms do not improve.

During the hot summer days, the Hot Weather Health Watch (Level I) will not be deactivated. Metro Health encourages the public to contact the National Weather Service for the most current weather conditions at 830-606-3617, or visit their website for current hourly weather at <http://www.srh.noaa.gov/>.

For Further Assistance:

If you have an emergency, call 911