

## Symptoms of Common Heat Disorders

**Sunburn:** Skin redness and pain; possible swelling, blisters, fever and headaches.

**Heat Cramps:** Painful spasms, usually in the leg and abdominal muscles; heavy sweating.

**Heat Exhaustion:** Caused by excessive heat and dehydration. Heavy sweating, but skin may be cool, pale or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion and headaches are possible.

**Heatstroke:** Most severe form of heat illness. High body temperature (105 degrees or higher); hot, red, dry skin; rapid weak pulse; and rapid, shallow breathing; sweating stops. May cause irritability, confusion or unconsciousness.

## Heat Relief Assistance

**United Way** provides information on community resources, such as assistance for utility bills, fan and air conditioning programs and cooling shelters. Contact their offices 24/7 for information.

**Metro Kansas City** ..... dial **211** or **(816) 474-5112**

- **Bishop Sullivan Center's Project ElderCool** furnishes window air conditioners to the elderly. For more information, call **(816) 231-0984**.
- **The Salvation Army's Fan Club** is a program that works with local agencies to distribute new and used fans throughout the metro area. For more information, call **1-800-SAL-ARMY**.

**Outside Metro Kansas City** .... dial **211** or **1-800-427-4626**

## We're here to help

KCP&L's representatives are available weekdays 24/7.

**Kansas City Metro Area** ..... **(816) 471-5275**

**Toll-free** ..... **1-888-471-5275**

Additional information is available at KCP&L's Web site at [www.kcpl.com](http://www.kcpl.com).

# Staying Safe During Extreme Temperatures





KCP&L cares about your well-being and we want to make sure you know how to remain healthy and safe during the hottest times of the year. Please read this information and share it with others who will benefit from the tips and suggestions during the warm weather months.

## General Tips

- Use ceiling fans and portable fans to circulate air; however, never sit directly in front of a fan in extreme heat.
- Close window shades, blinds, drapes and curtains whenever the sun is shining through the window to reduce warming in the home.
- Keep your air conditioner clean and the area around it free from debris. Check the filter at least once a month, and change when necessary.
- Shade your air conditioning unit; this cuts down its workload substantially.
- Do laundry, wash dishes, mop floors and bathe in the late evening or early morning hours. During the day, these activities produce moisture and increase humidity in the house, making the air conditioner work harder. Use a microwave whenever possible since it uses less heat than a conventional oven.
- In the summer, attic temperatures can reach 150 degrees, placing a tremendous load on air conditioner units. An improperly ventilated attic allows heat and moisture buildup, which can lower the efficiency of your insulation and deteriorate attic framing.
- If your home doesn't have air conditioning, go to other places where you can get relief from the heat during the warmest part of the day.

## What to Do In Times of Extreme Heat

- Stay in the coolest environment possible.
- If your home doesn't have air conditioning and you are in extreme conditions, go to a public building every day for several hours. Call **211** for nearby cooling center locations.
- Drink plenty of water or other iced beverages. Avoid alcohol or caffeinated beverages.
- If you are using a fan instead of air conditioning, open windows on a shady day and use the fan for ventilation.
- Dress in loose-fitting, light-weight and light-colored natural fiber clothing. Wear a hat to protect your head from the sun.
- Eat light, easily-digested foods, and avoid hot, heavy meals.
- Bathe or shower frequently with cool water.
- Limit activity during the hottest time of day.
- Since excessive heat can contribute to poor air quality, people with chronic respiratory problems should limit outdoor activities.
- If you feel unusually weak, dizzy or confused, call a doctor or **911**.