

# Extreme Heat Safety Tips

## Stay Cool

- Limit sun exposure by staying indoors as much as possible. Use or find a comfortable place with air conditioning.
- Use ceiling and portable fans to keep cool indoors.
- Because hot air rises, stay on the lowest floor level.
- Cool off by taking a cold shower or using ice packs.
- Consider spending the warmest part of the day in public buildings, such as libraries, schools, movie theaters, shopping malls, and other community centers.
- If your home loses power, ask to stay with a friend or family member who has power, or seek a public shelter.



## Follow Diet and Fluid Intake Recommendations

- Eat well-balanced, light, and regular meals. Ask your dietitian for kidney-friendly ideas.
- Talk with your doctor before increasing any fluid intake. If you are on dialysis, you need to continue to monitor your fluids.
- Avoid drinks with caffeine and limit intake of alcoholic beverages.

## Protect Your Skin

- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Avoid dark colors, because they absorb the sun's rays.
- When outside, protect your face and head by wearing a wide-brimmed hat.



## Limit Outdoor Activities

- Postpone outdoor games and activities.
- Avoid strenuous work during the warmest part of the day.
- Use a buddy system when working in extreme heat, and take breaks often.



## Check on People and Pets

- Check on your animals often to make sure they are not suffering from the heat.
- Never leave people or pets in a closed car.

For more information or to file a grievance, please contact:

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