

Wakati kunapoanza kuwa na hali ya joto jingi nje, kuna hatua muhimu unazoweza kuchukua ili kujiweka salama wewe, pamoja na marafiki na familia yako.

Kamwe usiwaache watoto, watu wenye ulemavu, au wanyama uwapendao ndani ya gari lililoegeshwa wakati kuna hali ya joto jingi.

Punguza Joto Mwilini

- Kaa kwenye kivuli, katika kiyoyozi iwapo unaweza, au katika maeneo baridi kama vile sehemu ya chini ya nyumba.
- Vaa nguo nyepesi, za rangi nyepesi, zisizo bana mwili.
- Oga ukitumia maji baridi.
- Tumia feni, lakini usiitegemee kama njia pekee ya kupunguza joto mwilini.

Kunywa Maji ya Kutosha

- Kunywa maji mengi kuliko kawaida, hasa ikiwa unafanya mazoezi au unafanya shughuli za nje.
- Chukua hatua mapema, usingoje mpaka upate kiu ndipo unywe maji.
- Usinywe vileo na vinywaji vyenye kafeini.

Endelea kupata taarifa

- Fuatilia ripoti za hali ya hewa na habari katika eneo ulipo.
- Jisajili ili upate taarifa za hali ya hewa kwenye vtalert.gov.
- Angalia mitandao ya kijamii ya Idara ya Afya na Usimamizi wa Dharura wa Vermont.

Sikiliza Mwili Wako

- Usiwe na wasiwasi kukiwa na hali ya joto.
- Punguza shughuli za nje na fanya mazoezi na yawe nyakati za siku wakati kumepoa.
- Omba msaada iwapo utajisikia kuumwa.
- Acha kile unachofanya ikiwa unajihisi kutaka kuzimia au mdhaifu.
- Kuwa mwangalifu zaidi ikiwa una hali ya kiafya iliyodumu siku nyingi.

Usiache Kuwasiliana na Wengine

- Wapigie simu wapendwa wako na majirani zako kuwajulia hali, hasa ikiwa wao ni wazee au wana hali za kiafya zilizodumu siku nyingi.
- Hakikisha kuwa wao wanakunywa maji ya kutosha na wanapunguza joto mwilini.
- Wakumbushe waipa hali ya joto uzito unaostahili.

Punguza Joto Nyumbani Mwako

- Funga pazia ili uzuie jua.
- Funga madirisha wakati wa mchana wakati nje kuna joto zaidi kuliko ndani.
- Fungua madirisha usiku wakati nje kuna hali ya baridi kuliko ndani.

- Tumia feni ili kuleta hewa baridi zaidi ya nje au kutoa hewa yenye joto zaidi ya ndani.
- Punguza matumizi ya stovu, oveni na vifaa vingine vinavyosababisha joto.

Tambua Ishara na Dalili za Kuumwa zinazosababishwa na Joto

Uchovu kutokana na Joto

Ishara na Dalili

- Kuhisi kutaka kuzimia au kizunguzungu
- Kutoka jasho kupita kiasi
- Ngozi baridi, iliyopauka, nyevunyevu
- Kichefuchefu au kutapika
- Moyo dhaifu unaopiga kwa haraka
- Kukakamaa kwa misuli

Unachotakiwa kufanya:

- Kunywa maji.
- Jaribu kupunguza joto mwilini kwa kukaa eneo lenye kivuli, kwenda mahali baridi, penye kiyoyoyi, kuoga maji baridi au kukanda kwa barafu.
- Piga simu 9-1-1 ikiwa dalili hizi zitazidi kuwa mbaya au zitaendelea baada ya kunywa maji na kujaribu kupunguza joto mwilini.

Kiharusi cha Joto

Ishara na Dalili

- Kuumwa na kichwa
- Kutotoka jasho
- Hali ya joto inayo zidi 103°F
- Ngozi kuwa nyekundu, moto, kavu
- Kichefuchefu au kutapika
- Moyo dhaifu unaopiga kwa haraka
- Mtu anaweza kupoteza fahamu au kuonyesha ishara za kuchanganyikiwa

Unachotakiwa kufanya:

- Piga simu 9-1-1.
- Chukua hatua za mara moja kupunguza joto la mtu huyu mpaka msaada utakapofika.

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.