

Staying Cool and Safe During the Hot Summer

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Russell Craig

Air Conditioning Repair Ft Myers FL would such as to offer some suggestions for remaining cool and safe in the hot summertime weather.

According to the National Weather Service, “Heat is one of the leading weather-related killer in the United States, resulting in hundreds of fatalities each year.” via: [Heat: A Major Killer](#)

- Remain in the coolest place available. Oftens the basement of your home is cool, and if your air conditioner ought to fail this is the very best online site to set up camp until it can be dealt with!
- Stay hydrated -beverage 8 glasses of water and juices a day, even if you’re not thirsty!
- Dress in loosened fitting, light-weight and light colored, natural fiber clothes. If you are outdoors put on a hat to limit exposure to the sun and offer shade.
- Rest throughout the middle of the day when the temperatures are best.

According to ready.gov, “people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the ‘urban heat island effect.’” via: [Extreme Heat](#)

Use fans effectively

- Use a fan to bring in cooler air from outside or vent hot air out– box fans are best.
- DO NOT use fans in a shut space without windows or doors open to the outside.
- DO NOT secondhand a fan to blow directly on you when temperature levels are 90 degrees and above. This can cause your temperature level to increase and trigger heat stroke.
- Bathe or shower frequently in cool water



ceiling fan (Photo credit: Steve A Johnson)

Know when your body has heat stroke or heat exhaustion and exactly what to do:

- Heat stroke indicators: hot, red skin, really high body temperature of 104 degrees to 106 degrees, quickly breathing, unwell to stomach, not starving.
- Heat stroke is life threatening– call 911 instantly.
- Heat exhaustion signs: cool, pale, and moist skin; heavy sweating, headache, sick to swallow, dizziness, throwing up and body temperature level almost normal or somewhat high 102 degrees to 104 degrees.
- Reacting to heat fatigue: Get the person to a cool website, have them lay down on their back and cool by fanning and putting ice bags or wet towels on.

Really hot days and periods of successive days of above 90 degrees typically lead to ozone activity days. When there is an ozone activity day the air quality outdoors is poor and can be troublesome to elderly people and those

with breathing troubles; those people need to restrict their exposure outdoors.

Check frequently on the elderly, sick or handicapped relatives, next-door neighbors and friends who live alone. If essential find air conditioned areas that are open to the public such as collections and community facilities for relief.

Air Conditioning Repair Ft Myers FL would like to share our article on the [typical problems with an AC unit](#) as well.

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