



**Melissa Velez-Morales**

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**From:** Masser, Michelle  
**Sent:** Tuesday, August 23, 2016 10:39 AM  
**To:** Harris, Laura; Detoro, Fred; Weigle, Trevor J.  
**Cc:** Melissa Velez-Morales  
**Subject:** FW: FEMA Region II Extreme Heat Tip #2  
**Attachments:** FEMA Region II Extreme Heat Tip #2 1.jpg

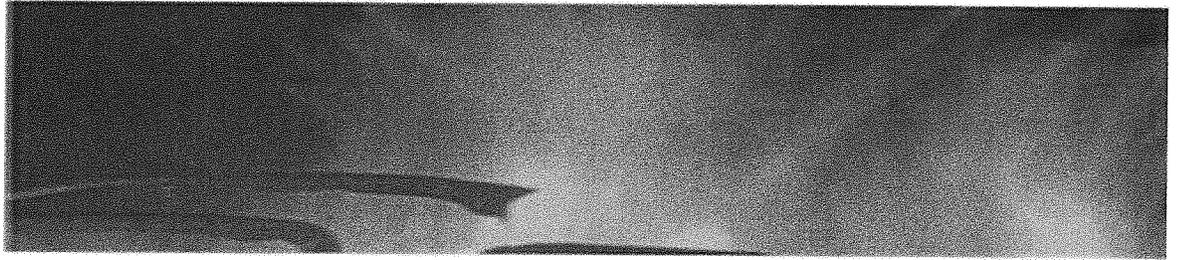
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**From:** Fox, Russell [mailto:Russell.Fox@fema.dhs.gov]  
**Sent:** Tuesday, August 23, 2016 9:09 AM  
**To:** Fox, Russell <Russell.Fox@fema.dhs.gov>; Olivera, Orlando "Landy" <Orlando.Olivera@fema.dhs.gov>  
**Subject:** FEMA Region II Extreme Heat Tip #2

# FEMA Region II Extreme Heat



- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless physician.
- Limit intake of alcoholic beverages.
- Excessive water intake is toxic, due to electrolyte depletion
- Avoid extreme temperature changes.
- Consider spending the warmest part of the day in public buildings such as theaters, shopping malls, and other community facilities. Circulating air can increase the perspiration rate of evaporation.
- Download the [FEMA App](#) for heat advisories and safety tips.
- Text **SHELTER** + your ZIP code to **43362** (4FEMA) to find the nearest shelter (example: *shelter 12345*).

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<http://www.fema.gov/continuity-operations>  
<http://www.fema.gov/es/continuidad-de-operaciones>

## FEMA Region II Extreme Heat Tip #2



- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Limit intake of alcoholic beverages.
- Excessive water intake is toxic, due to electrolyte depletion
- Avoid extreme temperature changes.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Download the [FEMA App](#) for heat advisories and safety tips.
- Text **SHELTER** + your ZIP code to **43362** (4FEMA) to find the nearest shelter in your area (example: **shelter 12345**).