
[Tips on Combating the Heat Wave](#)

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High temperatures are baking much of the country exuberated by the power outages. We can take steps to stay cool.



First, drink water, even if you aren't thirsty, that's 64 ounces or one full gallon. This keeps you from getting dehydrated. If you can't get water, drink bottled fruit juice, even if it's not cold. You need the liquid.

Use a spray bottle to put some mist on your face and wrists, this helps stay cooler.

Late at night, or early in the morning open all your windows to let in as much cooler air as possible. Then as the heat starts up, shut everything down. Close all curtains and blinds to keep as much sunlight out as possible. Use cardboard or pin up blankets to block off any windows without coverings. If you have leaks in your home that allow the hot air to enter, use duct tape to close off. Every step helps.

Run water into a large pan and soak your feet for a while, you will feel cooler. If outside fill the kiddie pool and sit down, preferable in the shade.

Wear loose fitting cloths or even a bathing suit may help. Use a bandana, and soak with water before placing around your neck. As the water evaporates you get a cooling effect.

A trick from the old Southwest is to spray your sheets with water just before you hop into bed. You get a cooling effect as the water evaporates. If you wake up hot, repeat the process.

Be aware of the signs of heatstroke and get medical help for yourself, or other if these symptoms are encountered:

- Strong, rapid pulse

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- Elevated body temperature
 - Excessive thirst
 - Hot, dry skin
 - Dilated pupils
 - Dizziness
 - Nausea and vomiting
 - Headaches
 - Confusion
 - Seizures

Try these tactics to stay cooler, and pass them on to your neighbors. You can become a Ready Christian by taking the free online training here: <http://bit.ly/GVpW91>