

Tips to Help Survive the Summer Heat

Sweltering temperatures affect people differently, and almost everyone can benefit from taking some precautions during extreme heat. Anyone can be vulnerable, so it is important to learn to recognize the differences between heat exhaustion and heat stroke.

With heat exhaustion, a person may feel clammy; sweat profusely; and /or feel weak, dizzy, or nauseated. Body temperature may, however, be close to normal. When you suspect heat exhaustion, follow these guidelines:

- Loosen clothing.
- Drink plenty of fluids, especially water.
- Lie down; elevate feet slightly.
- Apply cool, wet cloths to the forehead.
- Fan the person suffering from heat exhaustion and/or move them to an air-conditioned facility or room cooled with a fan.
- If a person suffering from heat exhaustion starts vomiting, do not force the person to drink fluids. Seek medical treatment immediately.

With heat stroke, a person also may feel dizzy, weak, or confused. Skin will feel dry rather than sweaty. Body temperature can rise to 105° F or higher. If you suspect heat stroke, seek medical treatment immediately. While waiting for an ambulance to arrive, shade the person from direct sun. Loosen clothing and cool the body with water or a fan to lower body temperature. Avoid stimulants such as coffee, tea, or colas with caffeine.

Here are some additional hot-weather tips:

- Whenever possible, limit outside hours during extreme heat. For example, try to work early and take a few hours off during the warmer part of the day.
- Wear loose-fitting clothing. Natural fibers, such as cotton, can be cooler than synthetics.

- Wear light-colored clothing that will reflect rather than absorb the heat.
- Wear a hat.
- Use sunscreen.
- Drink plenty of water to replenish body fluids lost through perspiration, which is the body's way of cooling itself. Cool water passes through the stomach quickly, which makes it a good choice to rehydrate the body. Do not wait until you are thirsty. Drink water before, during, and after activity to maintain fluids.
- Read medication labels. Heat and sunlight may influence the effectiveness of some medications and cause undesirable side effects.
- In the home, limit the use of high-energy appliances to conserve energy for air-conditioning. Save chores, such as washing and drying clothes, for early morning or late evening hours when utility use is not at its peak.
- Kansans who do not have air-conditioning are advised to seek cooler environments with family or friends or to spend time during the hottest part of the day in cool public buildings, such as the library, civic/senior center, or shopping mall.
- Limit unnecessary travel. Vehicles without a working air-conditioner pose the most concern, but any traveler can be caught unexpectedly with a breakdown. Carry a jug or cooler of water in the car or truck.
- Park the car or truck in the shade. Roll down the window slightly for ventilation.
- Do not leave children or pets in a parked car. Temperatures can rise to dangerous levels in a matter of minutes.
- Watch pets closely. Provide a shady spot and a good supply of water or bring them inside.
- Live alone? Make arrangements to check in with a neighbor or friend each day.

Mike Bradshaw

PARENTS CORNER

Sharing and Generosity

Sharing is the temporary loan of a resource with another person; giving is a permanent transfer of possession.

Modeling of positive social behavior, such as sharing, by adults encourages cooperation and sharing in children. Children's sense of security is strengthened by their own feelings of ownership of something special.

Provide your children with some special treasures, possibly seashells or marbles, and allow your children to decide how and when to share these treasures with others. Recognize your child's moments of sharing with works of praise. Encourage your children to help collect outgrown toys and clothes to donate to a charity. Model pro-social behavior by donating your own out-of-use items.

Excerpt from The Parents' Page, Vol. 1, No. 4, contributed by Charles A. Smith

How to Cope with Food Jags

Does your child refuse to eat any food except macaroni and cheese? Is a peanut butter sandwich the only lunch that meets with approval from your son or daughter? Food jags—the acceptance of only a particular food—are common in childhood and can be a big challenge to parents.

Your response to your child's food jag can help prevent food struggles. Offer a small serving of the "approved" food, and some other foods at the same time. Instead of focusing on the food jag and the seemingly stubborn behavior, reassure yourself that even favorite foods get tiresome in time. Food jags usually end before nutrition becomes a concern. If your child is growing and active, he or she is probably eating enough.

Sandy Procter

**Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love.**

Lao Tzu, philosopher, 6th century B.C.

Conserve Water in the Home

Conserving water in the home is not difficult. People often do not realize that the toilet accounts for the largest single use (28 percent) of water in the home. Reducing the water needed to flush the toilet can save an average household about 7,500 gallons of water per year.

Toilets made before 1970 use about 5 gallons per flush, and late '70s toilets use about 3.5 gallons per flush. Replacing an older toilet with a new, low-flow toilet, which is mandated for new construction by the National Energy Policy and Conservation Act, costs about \$320. Over the long term, the water utility savings will offset the replacement cost. Consumers should check with their utility company to see if a rebate is available.

For a less expensive remedy, fill a plastic beverage bottle with sand or water, tighten the lid, and place it in the toilet tank (or use two bricks sealed in a plastic bag) to displace water and save about 1/2 gallon with each flush. Displacing the water should not affect the flush of a pre-1970s toilet.

Another way to save water is to check for leaks. A leaky toilet loses an average of 15 gallons per day, which adds up to more than 5,000 gallons a year. Water loss usually is more expensive than the price of fixing the toilet. Adjusting the float arm or replacing the flapper may be all that is needed. To test for a leak, place a few drops of food coloring in the tank. If the color shows up in the bowl 15 minutes later, the toilet has a leak.

Consumers also can check for a leak by reading their water meter. Jot down the meter reading and the exact time of day. Don't use any water during the test period, which should be an hour or more. (Remember, however, to shut off the ice maker, etc.) After the test time has elapsed, check the water meter reading again. Subtract the second reading from the first to verify a leak.

Marilyn Bode

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