

1	The weather is as unpredictable as the stock market.	11
2	Sometimes the weather can change so quickly that we are	22
3	caught unaware and find ourselves having to make changes in	34
4	our daily routines or planned activities. If temperatures	46
5	soar, we must make adjustments to our lifestyle so that we	58
6	do not suffer from too much heat.	65
7	Several terms are associated with heat. A heat wave	76
8	is a prolonged period of excessive heat and humidity. A	87
9	heat index is a combination of relative humidity and high	99
10	temperatures. When the two are combined, what we feel in	110
11	temperature may be several degrees higher than the actual	122
12	temperature.	124
13	If a heat wave is imminent, there are several actions	135
14	you can take to minimize danger to your health. Strenuous	147
15	activity should be avoided; if you must work outside, you	159
16	should do it during the coolest part of the day, either	170
17	early morning or near dusk. If possible, stay indoors as	182
18	much as possible. Drink plenty of water, even if you do	193
19	not feel thirsty. Avoid drinks with caffeine or alcohol in	205
20	them. Wear lightweight clothing and be sure your clothing	217
21	is light colored. Light colors will reflect some of the	228
22	sun's heat and help your body maintain lower temperatures.	240
23	If you are exposed to high temperatures over a long	251
24	period of time, you may suffer from heat exhaustion. If	262
25	this happens, quickly get out of the heat and move to a	273
26	cooler place. Apply cool, wet cloths to your body and	284
27	drink cool water. Finally, eat more often, but do not take	296
28	in too much food.	300
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