

Take Extra Precautions During Hot Weather

From Page 10-A

temperature; pale clammy skin; excessive perspiration; tiredness and weakness; possible headache and cramps; dizziness; nausea or vomiting; and possible fainting;

Heat Stroke - high body temperature of 106 degrees or higher; hot, red dry skin due to lack of perspiration; strong, rapid pulse; and possible delirium or unconsciousness.

"Heat stroke is very serious and can be fatal," MacCormack stressed. "A person exhibiting symptoms of heat stroke should see a

Exchange Students Need Homes

Linda Clemmer, area representative of the Educational Foundation for Foreign Study, is seeking host homes for four European high school exchange students for the 1986-87 school year.

Frans Wagstrand, a 16 year-old boy, is from Sweden; Niina Leononin, a 17 year-old girl, is from Finland; Magnus Hognlund, a 17-year old boy, is from Finland, and Martina Biel, a 16-year old girl, is from Austria. All are fluent in English, academically above average, covered by insurance, and have their own spending money.

Anyone interested in being a host for any of them may call Mrs. Clemmer at 867-8603.

physician or get to a hospital immediately."

There were two heat-related deaths reported in North Carolina in 1984 and 25 in 1983. Statistics for 5 are not yet available.

MacCormack suggested several ways to beat the heat:

-drink plenty of liquids, possibly as much as 50 percent more than normal thirst requires;

-stay out of direct sunlight;

-avoid alcoholic beverages;

-increase salt intake, unless you are on a salt-restricted diet;

-try to stay in a cool, well ventilated area. People without air-conditioned homes might want to visit an air-conditioned building, such as a shopping center or store;

-dress in loose, light-colored clothing that will reflect the heat. Cool showers or swimming may also help;

-beware of certain medications. Some medicines or drugs such as tranquilizers increase the risk of developing heat stroke. Consult a doctor for advice.

He pointed out that people are not the only ones who can suffer from the heat - animals can, too.

"If you have pets, be sure that they have plenty of water to drink and stay in a cool, well ventilated place," MacCormack advised.

"Don't leave them locked up in cars or confined to an area where they can't sit in the shade."

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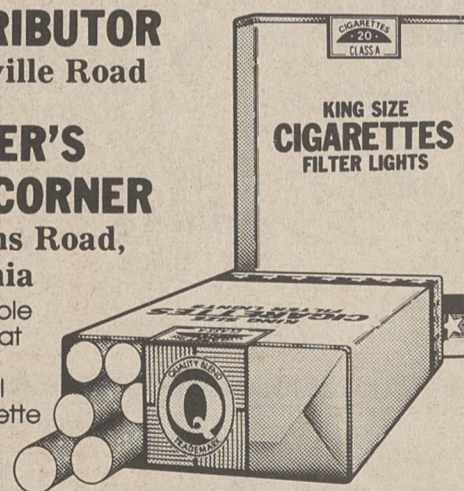
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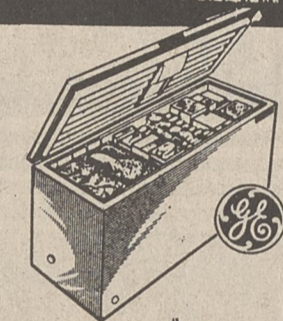
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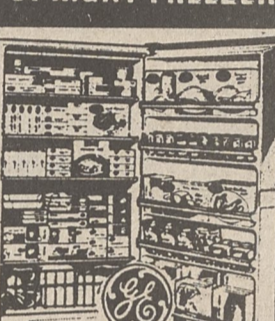
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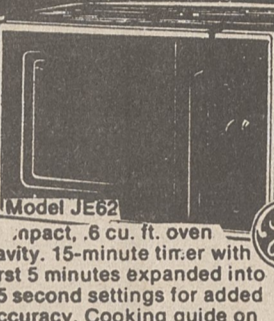
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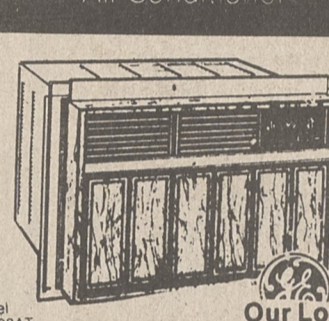
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