



MEET the **HEAT**

Head On

It Could Save a Life – Including your Own!



Supported by Missouri Foundation for Health

 Printed on recycled paper. Please recycle.
Form ???? Rev. 05/08 Stock No. ??-??-??



A new program — Meet the Heat-Head On — puts the power in your hands — to save the life of a friend, neighbor, family member — or to save your own life. Throughout Missouri, there's a new initiative aimed at heading off the deadly effects of high temperatures and humidity.

How? It's easy:

- Have a Hot Weather Plan.
- Be a "Heat Buddy" – look after those around you and near to you in times of extreme heat.
- Know the signs of heat stress.
- Use your air conditioner or visit a cooling site.



HAVE A HOT WEATHER PLAN

Spend the hottest part of the day in an air-conditioned place. And save energy by insulating your home and following other tips (for more tips, check out www.ameren.com/energyefficiency.) Wear light, loose-fitting clothing. Drink plenty of water.

BE A HEAT BUDDY

Look out for elderly friends, neighbors or relatives who may not notice the signs of heat stress. Check on those who may not have or be able to use air conditioning.

KNOW THE SIGN OF HEAT STRESS

Heat Stroke: Watch for a 103 degree or higher body temperature, a lack of sweat, hot, red dry skin, a rapid pulse, difficulty breathing and constricted pupils. Headaches, confusion, nausea, dizziness, or a rapid and strong pulse are other signs.

USE YOUR AIR CONDITIONER, OR VISIT A COOLING SITE

Keeping a window unit turned on can cost as little as \$1.50 per day. To save money in using your air conditioner, keep the unit on one comfortable setting, use a timer or programmable thermostat, seal off unused rooms, turn the thermostat up when you leave the house for several days, draw shades and curtains on hot days and keep a fan on to get the air circulating.

To learn more about how to Meet the Heat-Head On or to find out about financial assistance for energy bills, call:

- **United Way 2-1-1 at 211 or 1-800-427-4626**

Financial assistance for your energy bill may be available through your local Community Action Agency:

- **St. Louis City – 314-535-7607**
- **St. Louis County – 314-863-0015**

