

GARAGE SALES

Summertime, Hot Shopping

The heat is on, and most garage sales and estate sales have at least a portion of the sale outdoors. If you're spending the day hitting up a long list of sales, you'll need to pay attention to the heat.

HEAT EXHAUSTION AND HEATSTROKE

Heat exhaustion occurs when you are out in the heat, particularly when humidity is also high, and you're doing some physical activity, the Mayo Clinic says. Without prompt treatment, heat exhaustion will turn to heatstroke, which is a life-threatening condition. Symptoms of heat exhaustion include:

- Cool, moist skin with goose bumps in the heat.
- Heavy sweating.
- Faintness.
- Dizziness.
- Fatigue.
- A weak, rapid pulse.
- Low blood pressure upon standing.
- Muscle cramps.
- Nausea.
- Headache.

Heatstroke is caused by your body overheating, usually as a result of prolonged



© ADOBE STOCK

exposure to or physical exertion in high temperatures. Heatstroke is an emergency condition and should be treated swiftly. Untreated heatstroke can damage your brain, heart, kidneys and muscles. The longer treatment takes, the worse the

damage can be. Symptoms of heatstroke include:

- High body temperature of 104 degrees or higher.
- An altered mental state or behavior, which can include confusion, agitation, slurred speech, irritability, delirium, seizures and coma.

- Nausea and vomiting.
- Flushed skin.
- Rapid breathing and a racing heart.
- Throbbing headache.

If you have any symptoms of heatstroke, get out of the heat and seek medical attention immediately.

PREVENTION

Heat exhaustion and heatstroke are both preventable. You should take precautions if you're taking certain medications that affect your ability to stay hydrated and dissipate heat. If you have certain conditions, such as heart or lung disease, you may also be at an increased risk of heat-related illnesses and should take precautions.

Here are some more ways to protect yourself against heat-related illnesses:

- Wear loose, light clothing in hot weather and drink plenty of fluids. Consider taking a refillable water bottle with you as you shop.
- Never sit in a parked car or leave anyone in a parked car as you look around sales. If someone has to rest, leave the car running in a shady spot.
- Protect against sunburn with a wide-brimmed hat, sunglasses and sunscreen. Apply sunscreen generously and reapply every two hours, or more often if you're sweating.

- Be extra aware if you aren't used to being out in the heat. It can take several weeks for you to get used to being outside in the heat, so if you're normally inside, be aware that you're more susceptible to heat-related illnesses.

GARAGE SALES



© ADOBE STOCK

Summertime, Hot Shopping

The heat is on, and most garage sales and estate sales have at least a portion of the sale outdoors. If you're spending the day hitting up a long list of sales, you'll need to pay attention to the heat.

HEAT EXHAUSTION AND HEATSTROKE

Heat exhaustion occurs when you are out in the heat, particularly when humidity is also high, and you're doing some physical activity, the Mayo Clinic says. Without prompt treatment, heat exhaustion will turn to heatstroke, which is a life-threatening condition. Symptoms of heat exhaustion include:

- Cool, moist skin with

goose bumps in the heat.

- Heavy sweating.
- Faintness.
- Dizziness.
- Fatigue.
- A weak, rapid pulse.
- Low blood pressure upon standing.
- Muscle cramps.
- Nausea.
- Headache.

Heatstroke is caused by your body overheating, usually as a result of prolonged

exposure to or physical exertion in high temperatures. Heatstroke is an emergency condition and should be treated swiftly. Untreated heatstroke can damage your brain, heart, kidneys and muscles. The longer treatment takes, the worse the damage can be. Symptoms of heatstroke include:

- High body temperature of 104 degrees or higher.
- An altered mental state or behavior, which can include confusion, agitation, slurred speech, irritability, delirium, seizures and coma.
- Nausea and vomiting.
- Flushed skin.
- Rapid breathing and a racing heart.
- Throbbing headache.

If you have any symptoms of heatstroke, get out of the heat and seek medical attention immediately.

PREVENTION

Heat exhaustion and heatstroke are both preventable. You should take precautions if you're taking certain medications that affect your ability to stay hydrated and dissipate heat. If you have certain conditions, such as heart or lung disease, you may also be at an increased risk of heat-related illnesses and should take precautions.

Here are some more ways to protect yourself against heat-related illnesses:

- Wear loose, light clothing in hot weather and drink

plenty of fluids. Consider taking a refillable water bottle with you as you shop.

- Never sit in a parked car or leave anyone in a parked car as you look around sales. If someone has to rest, leave the car running in a shady spot.

- Protect against sunburn with a wide-brimmed hat, sunglasses and sunscreen. Apply sunscreen generously and reapply every two hours, or more often if you're sweating.

- Be extra aware if you aren't used to being out in the heat. It can take several weeks for you to get used to being outside in the heat, so if you're normally inside, be aware that you're more susceptible to heat-related illnesses.

SELLER'S TIP

Keep It Cool

Keep shoppers coming to your sale by offering ice water either for free or for sale. Offer lots of shade for your shoppers, either by using tents and canopies or by staging your sale in a garage, barn or other shady area. Set up fans, if you can, to keep yourself and others as cool as possible. If you're not used to working outdoors, recruit friends or family to work in shifts during your sale to keep you all safe.

AD SPACE