



EXTREME HEAT SAFETY



STAY COOL

- STAY INSIDE IN AN AIR-CONDITIONED AREA DURING PEAK HEAT HOURS.
- AVOID UNNECESSARY EXERTION.
- WEAR LIGHT, LOOSE FITTING CLOTHING.
- STAY OUT OF THE SUN AND WEAR A HAT. TAKE BREAKS OFTEN.
- CHECK ON FAMILY, FRIENDS, AND NEIGHBORS.
- DON'T LEAVE YOUR PETS OUTSIDE OR IN A CAR.



STAY HYDRATED

- DRINK PLENTY OF WATER, EVEN IF YOU DON'T FEEL THIRSTY.
- AVOID ALCOHOL AND SUGARY DRINKS.
- REMIND OTHERS TO DRINK WATER.



STAY INFORMED

- STAY INFORMED ABOUT CURRENT WEATHER CONDITIONS.
- KNOW THE SYMPTOMS OF HEAT ILLNESS.

HEAT RELATED ILLNESSES

CHILDREN UNDER 4, ADULTS OVER 65, AND PEOPLE WHO ARE OVERWEIGHT OR ILL ARE ESPECIALLY AT RISK OF HEAT-RELATED ILLNESSES. HERE'S HOW YOU CAN RECOGNIZE HEAT-RELATED ILLNESS AND WHAT YOU SHOULD DO.

SYMPTOMS

- HEAVY SWEATING
- WEAKNESS
- COLD, PALE, AND CLAMMY SKIN
- WEAK PULSE
- FAINTING AND VOMITING

WHAT YOU SHOULD DO

- MOVE TO A COOLER LOCATION
- LIE DOWN AND LOOSEN YOUR CLOTHING
- APPLY COOL, WET CLOTHS TO AS MUCH OF YOUR BODY AS POSSIBLE
- SIP WATER
- IF YOU HAVE VOMITED AND IT CONTINUES, SEEK MEDICAL ATTENTION IMMEDIATELY

HEAT EXHAUSTION

SYMPTOMS

- HIGH BODY TEMPERATURE (ABOVE 103°F)
- HOT, RED, DRY, OR MOIST SKIN
- RAPID AND STRONG PULSE
- POSSIBLE UNCONSCIOUSNESS

WHAT YOU SHOULD DO

- CALL 911 IMMEDIATELY — THIS IS A MEDICAL EMERGENCY
- MOVE THE PERSON TO A COOLER ENVIRONMENT
- REDUCE THE PERSON'S BODY TEMPERATURE WITH COOL CLOTHS OR EVEN A BATH
- DO NOT GIVE FLUIDS

HEAT STROKE

SCAN FOR MORE INFORMATION

