HOT WEATHER

With high temperatures comes a responsibility to prepare and take precautions against heat illness.

Prepare for Hot Weather

- Know the symptoms and suggested treatment for each heat illness.
- Monitor yourself and use the buddy system if possible.
- Block direct sun or other heat source.
- Wear lightweight, light colored, loose-fitting clothing.
- Drink plenty of fluids, about every 15 minutes and begin before you feel thirsty.
- Adapt to outdoor exercise gradually.
- Remember to wear SPF 15 or higher when outdoors.
- Ask your local health department about access to heat relief shelters in your area.

Remember

Stay COOL: The best way to avoid a heat-related illness is to limit exposure outdoors during hot days.

Stay HYDRATED: Drink more fluids, regardless of how active you are.

Stay INFORMED: Check your local news for extreme heat alerts and safety tips.

People most at risk include:
• Infants and young children
• People 65 and older
• People who are ill, have chronic health conditions or are on certain medications
• People who are overweight

Heat Exhaustion

- When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur.
- Signs
  - Sweating
  - Pale skin
  - Muscle cramps
  - Fatigue
  - Headache or dizziness
  - Nausea or vomiting
  - Rapid heart rate
- Actions
  - Move to a shaded or cool area
  - Drink water or other cool nonalcoholic beverages
  - Apply wet towels or take a shower

Heat Stroke

- Heat stroke is when the body's cooling mechanisms are overcome by heat resulting in a high core heat.
- Signs
  - Convulsions or unresponsiveness
  - Irrational or belligerent behavior
  - Body temperature above 103 degrees
  - Headache or dizziness
  - Dry and hot skin
  - Rapid breathing
- Actions
  - Seek immediate medical attention
  - Move to a cool place
  - Remove unnecessary clothing
  - Apply wet towels or take a shower

For more information please visit,
Ready.gov National Safety Council (nsc.org) CDC.gov