With high temperatures comes a responsibility to prepare and take precautions against heat illness. The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle.

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

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### 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

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https://emergency.oregonstate.edu/emergency-preparedness/preparedness-topics
https://www.ready.gov/
https://www.cdc.gov/disasters/extremeheat/warning.html