*MONTHLY PREPAREDNESS GUIDEPOST*

# HOT WEATHER

Oregon State University

## Are you prepared to handle the heat?

- Extreme heat is the leading cause of death annually among weather-related hazards
- Your body works extra hard to maintain a normal internal temperature during extreme heat, which can lead to death

### Signs of Heat Stroke

- High body temperature
- Red, hot, and dry skin with no sweat
- Strong pulse
- Dizziness or unconsciousness

### Signs of Heat Exhaustion

- Heavy sweating
- Muscle cramps
- Fatigue
- Dizziness
- Nausea/vomiting
- Weak pulse

### Preventing Heat-Related Illness

- Protect your skin by wearing lightweight and light-colored clothes
- Use sunscreen with a SPF of 30 or more
- Prevent dehydration by drinking extra fluids like water and electrolytes

### Recovering From Extreme Heat

- Reduce activities and get plenty of rest
- Stay in a cool room for 24 hours
- Drink fluids that replenish you hydration - electrolytes, juices, and water
- Avoid caffeine or alcohol

For more information on hot weather visit:

https://emergency.oregonstate.edu/emergency-management/preparedness-topics

https://haz.guide/61 https://www.ready.gov/heat