

BEAT THE HEAT!

Excessive Heat Safety Tips:

- Do not leave adults, children or pets in parked cars for any length of time.
- Drink plenty of cool water or fluids even if you're not thirsty. Avoid caffeinated, sugary, or alcoholic beverages.
- Wear, and dress children in, loose, lightweight, light-colored clothing. Wear sunscreen and apply for children and infants, and reapply as indicated on the packaging.
- Limit time outdoors and seek shade whenever possible. Limit physical exertion.
- Stay in air-conditioned locations as much as possible. If you do not have air conditioning, visit public buildings like community centers, shopping malls, or libraries.
- Take cool showers or baths, use a cool compress, or take a cool sponge bath.
- Though fans may provide comfort, in extreme heat they may not prevent heat related illness.

Check on those most vulnerable to heat related illness often. Infants, young children, the elderly, and those with chronic illness or medical conditions (such as high blood pressure, pregnancy, mental illness or diabetes) are at the greatest risk for heat related illness.



STAY COOL.



STAY HYDRATED.



STAY INFORMED.

Signs and symptoms of heat related illness can include:

- Heavy sweating
- Paleness
- Muscle cramps
- Nausea or vomiting
- Headache
- Rapid pulse
- Tiredness, weakness or dizziness

If you see someone suffering from heat related illness, help cool the person using available methods such as moving them to the shade or air conditioning, a cool bath, cold compress, or spraying them with water.

Be alert for the following symptoms of heat related illness and **seek medical attention immediately** for:

- Extremely high body temperature
- Unconsciousness
- Red, hot, dry skin (no sweating)
- Worsening symptoms

For more information please visit: www.cdc.gov/extremeheat