

Everyone should take special care in extreme heat.

Those most at risk for heat-related illnesses are the elderly, people living with chronic medical conditions, children, the homeless, the poor, athletes, and those working outdoors.

WORKING OUTSIDE

People who work outdoors should:

- Drink plenty of fluids every hour while working
- Avoid beverages with alcohol, sugar or caffeine
- Wear and reapply sunscreen
- Wear loose, lightweight and light colored clothing
- Wear protective gear like hats and sunglasses
- Schedule work hours earlier or later in the day to avoid midday heat



Check on elderly friends, family and neighbors throughout the day to make sure they stay cool, hydrated and informed.

The inside of a car can reach life threatening temperatures in minutes. Never leave children or pets in a parked car even if the car is shaded and the windows are down.

HEAT EXHAUSTION

Heat exhaustion is the body's response to an excessive loss of water and salt, usually through sweating. Move to a cool place and lie flat with feet elevated. Apply cool, wet cloths to forehead and wrists. Sip cool beverages. Call **911** if any of the following symptoms continue:

- Heavy sweating
- Fast, weak pulse
- Tiredness
- Weakness
- Paleness
- Dizziness
- Fainting
- Chills
- Muscle cramps
- Nausea or vomiting

ATHLETES

Athletes are at risk for heat-related illnesses and should:

- Drink plenty of non-alcoholic and decaffeinated beverages like water and sports drinks
- Limit outdoor activities and practices
- Schedule workouts and practices earlier or later in the day
- Start activities slow and do not over exert

Muscle cramping is an early sign of heat illness. Rest and replenish fluids and electrolytes. Seek medical attention if symptoms do not go away.

HEAT STROKE

Call **911** or call emergency room for instructions if any of the following symptoms are present. Move to a cool place and lie flat with feet elevated. Immerse or sponge with cool (not cold) water and fan vigorously. Continue to monitor body temperature until it drops to 101 - 102°F.

- Extreme high body temperature at 103°F or higher
- Confusion
- No sweating
- Tingling sensations
- Dizziness
- Nausea
- Convulsions

