

Take care of yourself when it's **hot**

Tips to stay cool

- Drink more water than usual, don't wait until you are thirsty.
- Avoid alcohol and sugary drinks.
- Take a cool shower or bath.
- Use a fan to create cross-ventilation.
- Wear light and loose clothing.
- Avoid using your stove or oven.



For more information visit
www.cdc.gov/extremeheat

Heat Exhaustion

Mild heat illness. Signs are:

- Rapid heart beat and shallow breathing
- Heavy sweating
- Extreme weakness
- Dizziness
- Nausea, vomiting

What to do:

- Remove excess clothing,
- Rest in a cool area.
- Drink plenty of water.
- Take a cool shower, bath, or sponge bath.

Heat Stroke

The body cannot control temperature, can lead to death or disability. Signs are:

- 103 degree temperature or above
- Confusion
- Rapid pulse
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

What to do for someone with heat stroke:

- Call 911.
- Move to a cool, shaded area.
- Offer water
- Offer a cool shower, bath, or sponge bath

