

# Take care of yourself when it's hot.

## Tips to stay cool

- Drink water. Avoid alcohol and sugary drinks
- Have salty snacks to replace salt you lose through heavy sweating
- Take a cool shower or bath
- Use a fan to create cross-ventilation
- Wear light-colored, loose clothing
- Avoid using the stove or oven
- Save outdoor activities for morning or evening, when possible

## Heat exhaustion | Mild heat illness

### Signs are:

- Fast heartbeat
- Shallow breathing
- Heavy sweating
- Weakness or muscle cramps
- Dizziness or feeling faint
- Nausea and vomiting

### What to do:

- Remove extra clothing
- Rest in a cool place
- Drink water. Eat a salty snack
- Offer a cool — not cold — shower, bath, or washcloth
- Seek medical attention if symptoms last more than 1 hour

## Heat stroke | Deadly illness

### Signs are:

- Confusion
- Loss of coordination
- Fast pulse
- Hot, dry skin or very sweaty
- Bad headache
- Seizures or coma

### What to do:

- Call 9-1-1 immediately!
- Move to a cool place
- Offer sips of water only if fully conscious
- Offer a cool — not cold — shower, bath, or washcloth