



Keep Your Cool in EXTREME HEAT

When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to. You can become ill from the heat if your body can't compensate for it and properly cool you off, so take extra precautions to stay safe during the summer heat.



HYDRATE

Dehydration happens quickly. Drink more water than usual, and don't wait until you're thirsty to drink.



WEAR LIGHTWEIGHT, PROTECTIVE CLOTHING

Wear loose, lightweight, light-colored clothing. Wear a hat wide enough to protect and shade your face.



AVOID PEAK SUN HOURS

Avoid high-energy activities or work outdoors, during midday heat, if possible. If you have to be outdoors, seek shade.

KNOW THE SIGNS OF HEAT-RELATED ILLNESS

HEAT STROKE

Signs:

- Extremely high body temperature (above 103°F)
- Red, hot and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion or unconsciousness

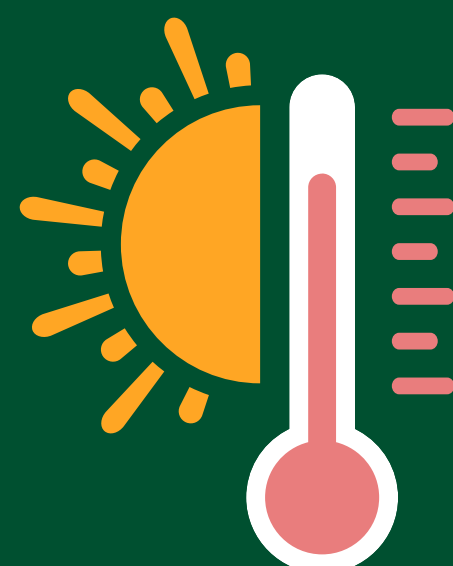
If you suspect heat stroke, call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.

HEAT EXHAUSTION

Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting

HEAT CRAMPS

Muscle pains or spasms in the stomach, arms or legs



If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.



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