

WHAT YOU SHOULD DO DURING HEATWAVES

A **heatwave** happens when it gets **really hot** outside for **two or more days in a row**. The temperature is much hotter than normal for that area. Because of climate change, heatwaves are becoming more common and can be **dangerous**. They can make people very sick, and in extreme cases, they can even cause **death** if people don't stay safe and cool.

DRINK AN ADEQUATE AMOUNT OF WATER

- Drink water regularly, even if you are not thirsty
- Avoid soda, caffeinated, or alcoholic drinks which can all worsen dehydration



TAKE FREQUENT BREAKS

- Rest in shaded or air-conditioned areas
- Avoid overexertion, especially during physical activities

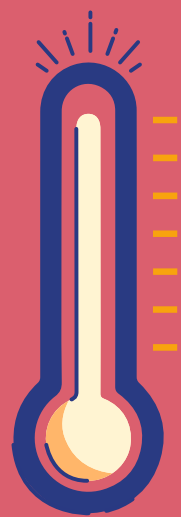


USE COOLING METHODS

- Use fans, cold washcloths, misting spray bottles
- Take cool showers or baths if overheated

BETTER TO STAY INSIDE

- Limit time in direct sunlight
 - Avoid outdoor activities during peak heat hours
- Schedule strenuous activities for the early morning or late evening



WHAT TO WEAR

- Wear lightweight, loose-fitting, and light colored clothing
 - loose-fitting clothing accelerates air circulation, and light-colored clothing will reflect more light and heat
- Use wide-brimmed hats and sunglasses for added protection



For more information, check our Health Services Department Website





HEAT EXHAUSTION



A milder heat-related illness that can develop after extended periods of exposure to high temperatures and inadequate fluid intake.

Signs & Symptoms

- Heavy sweating
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness or fainting
- Headache

WHAT TO DO (TREATMENT):

1. Move to a cooler, air-conditioned place or into the shade.
2. Loosen clothing.
3. Sip cool water (not ice-cold).
4. Use cool compresses or sponge with cool water.
5. Lay down and elevate legs slightly if feeling faint.

If symptoms worsen or don't improve within an hour, seek medical help or call 9-1-1



HEAT STROKE

Signs & Symptoms

- High body temperature ($\geq 103^{\circ}\text{F}$ or 39.4°C)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Confusion, altered mental state
- Slurred speech
- Seizures
- Loss of consciousness
- No sweating despite the heat

A **medical emergency**

where the body loses the ability to control its temperature — it can be life-threatening.

WHAT TO DO (TREATMENT):

1. Call 9-1-1 **immediately**.
2. Move the person to a cooler place.
3. Cool the body fast with:
 - a. Cool water spray
 - b. Ice packs to armpits, neck, and groin
 - c. Cold, wet cloths
4. Do not give fluids if the person is unconscious or confused.

DO NOT WAIT, get help. Heat stroke is fatal without emergency care.



CHECK THE HEAT RISK

Using resources such as the CDC Heat & Health Tracker or the National Weather Service HeatRisk map, you can see current and anticipated heat trends in weather.

Risk Levels:

- Green (0): Little to no risk.
- Yellow (1): Minor risk for sensitive individuals.
- Orange (2): Moderate risk; heat affects most sensitive individuals.
- Red (3): Major risk; heat affects anyone without effective cooling.
- Magenta (4): Extreme risk; rare and/or long-duration extreme heat with little to no overnight relief.

