Summer Heat Safety Tips from the CDC

Follow these tips to keep your cool in the hot summer because you can become ill from the heat.

1. Stay Cool- Keep your body temperature cool to avoid heat-related illness.

- Stay in an air-conditioned indoor location as much as possible.
- Schedule outdoor activities carefully.
  - Wear loose, lightweight, light-colored clothing and sunscreen.
  - Pace yourself.
- Take cool showers or baths to cool down.
- Do not leave children or pets in cars.
- Check on those most at-risk twice a day. **The elderly, the very young, and people with chronic diseases or mental illness.**

2. Stay Hydrated- Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.

- Drink more water than usual.
- **Don't wait** until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water

3. Stay Informed- Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

- Check local news for extreme heat alerts and safety tips.
- Watch for the symptoms of heat illness
  - Heat Exhaustion:
    - Heavy sweating, Weakness, Cold, pale, and clammy skin, Fast, weak pulse, Nausea or vomiting, Fainting. What You Should Do: Move to a cooler location. Lie down and loosen your clothing. Apply cool, wet cloths to as much of your body as possible. Sip water. If you have vomited and it continues, seek medical attention immediately.
  - Heat Stroke :
    - High body temperature (above 103°F), Hot, red, dry or moist skin, Rapid and strong pulse, Possible unconsciousness. What You Should Do: **Call 911 immediately** — this is a medical emergency. Move the person to a cooler environment. Reduce the person's body temperature with cool cloths or even a bath. Do NOT give fluids.