



Emergency safety: Heat and your health

Protect yourself and others when it's hot outside:
Stay cool, stay hydrated, and know the symptoms of heat-related illness.

Before a heat emergency

Check heat levels

Visit the CDC HeatRisk Dashboard to see the heat risk forecast in your area.



Google "CDC heat risk" or scan this QR code



Know your risk for heat-related illness

Anyone at any time can suffer from heat-related illness, but some people are at greater risk than others, including:

- People, especially children, with asthma.
- People with heart disease.
- Pregnant women.
- People 65 years or older.
- People who work or exercise in the heat.
- Infants and young children.

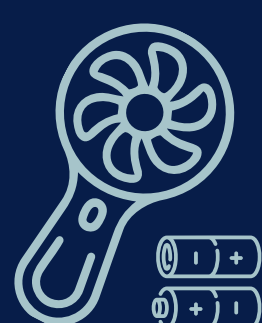
Prepare your home for the heat

- Install thermal or blackout curtains. Heavy, light-colored, or reflective-backed curtains stop heat much better than standard blinds.
- Clean or replace your central AC filters. If you use window AC units, install them securely and seal the gaps around the window frame with weather stripping.
- Make sure your ceiling fan is rotating counter-clockwise.
- Invest in portable or box fans to move cool air throughout the home.

Make a hot weather kit

Supplies	Purpose
1 gallon of water per person/pet per day (minimum 3-day supply)	Drink water to replace fluid loss from sweating.
Powdered rehydration packets, sports drinks, or oral rehydration salts	Plain water isn't enough during extreme sweating; you must replace lost sodium and potassium.
Microfiber cooling towels or clean spray bottles	Putting damp towels or spraying water on your neck and wrists is an effective way to cool off.

Prepare to keep cool during a power outage



- Invest in battery-operated fans and make sure you have plenty of fresh batteries for them.
- If you take medication that needs to be refrigerated:
 - Ask your pharmacist how long it can last out of the fridge and note it somewhere.
 - Keep a small insulated cooler and reusable ice packs ready in your freezer in case you need to take your medicine out of the fridge. Keep a washcloth in the bag to separate the ice from the medicine.

Know where to go if your house gets too hot.

This would be a place with a generator, such as:

- a neighbor's house
- a local library
- a local senior center
- a designated community cooling center
- a nearby fire station/hospital



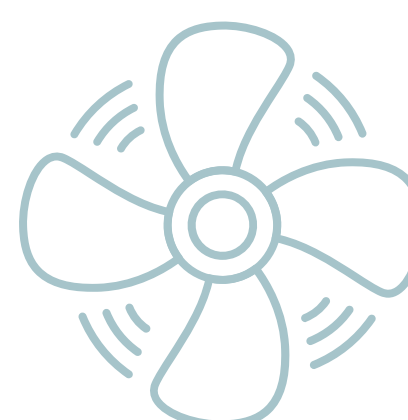
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During a heat emergency



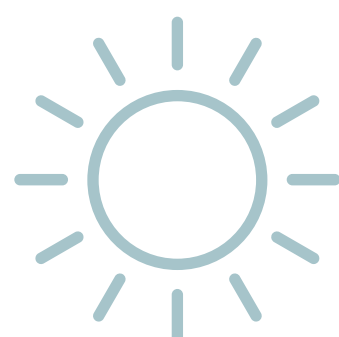
Stay hydrated

- Don't wait until you feel thirsty to drink water. By then, your body is already starting to dehydrate.
- If you are active or working outdoors in the heat, drink 1 cup (8 ounces) of water every 15 to 20 minutes.
- Avoid sugary sodas, heavy caffeine, and alcohol since these can dehydrate you.



Use cooling aids

- Take a cool shower or spray water on yourself.
- Soak a microfiber cooling towel or washcloth in cold water and wrap it around your neck, wrists, or armpits.
- Use fans when **indoor** temperatures are under 90°F. Fans can overheat you faster if indoor temps are higher than 90°F.



Be smart outdoors

- Stay in the shade as much as possible.
- Wear loose-fitting, lightweight, and light-colored clothes. Don't forget a wide-brimmed hat to keep the sun off your face and neck.
- Avoid working or exercising outdoors during the hottest time of day (10 a.m.–4 p.m.).



Don't do it alone

- Check on your family, friends, and neighbors, especially if they live alone or have chronic medical problems. Ask them to check in on you, too.
- Go to a cooling center if your house isn't cool enough. Call 2-1-1 to find a cooling center near you.

Watch yourself and others for symptoms of heat-related illness

Headache	If you are having these symptoms, take action to cool yourself off: • Move to a cooler environment and remove unnecessary clothing. • Take a cool shower or place cold, wet cloths on your skin. • Drink water at a consistent pace and have a snack or sports drink. • Rest on your back in a lying position with your legs elevated.
Feeling dizzy or lightheaded	
Nausea or vomiting	
Feeling very weak and tired	
Cold and clammy skin with excessive sweating	

If someone who has been in the heat starts experiencing **chest pain**, **shortness of breath**, or **confusion**, they may be having **heat stroke**. **Heat stroke is a medical emergency**. If you think someone is having heat stroke:

1. Call 911 right away. Stay with the person until medical help arrives.
2. Move them to a cooler environment and remove unnecessary clothing.
3. Cool their body: Put them in a cold water or ice bath, wet the skin, soak their clothes with cold water, place wet cloths on their skin, use a fan, etc.

✗ Do not give them anything to drink. The person can't safely swallow and will need IV rehydration from a healthcare provider.