



Heat Safety

Who Is At Highest Risk For Heat Related Illness?

The elderly, children, and people with certain medical conditions such as heart disease.

Stay Cool By Following These Steps:

1. Avoid being outdoors during the hottest part of the day.
2. If you must go out, try going out in the early morning or later evening hours when the sun is not as strong.
3. Slow down, work and exercise in brief periods. Take frequent breaks.
4. Dress in light, loose clothing. Wear a wide brimmed hat.
5. Drink plenty of cool fluids, but avoid caffeine and alcohol.

Signs & Symptoms of Heat Cramps, Heat Exhaustion and Heat Stroke:

- Severe muscle contractions, usually in the legs or abdomen
- Elevated body temperature
- Dizziness, weakness, nausea, vomiting, exhaustion
- Rapid, weak pulse becoming irregular
- Irritable, bizarre or combative behavior
- Headache

Call **911** if you or someone around you is experiencing any of the symptoms listed above. Move yourself or the person out of the sun. Cool the body by applying cool water (never cold water). Give fluids in small sips. Remove excess clothing and loosen existing clothing.

