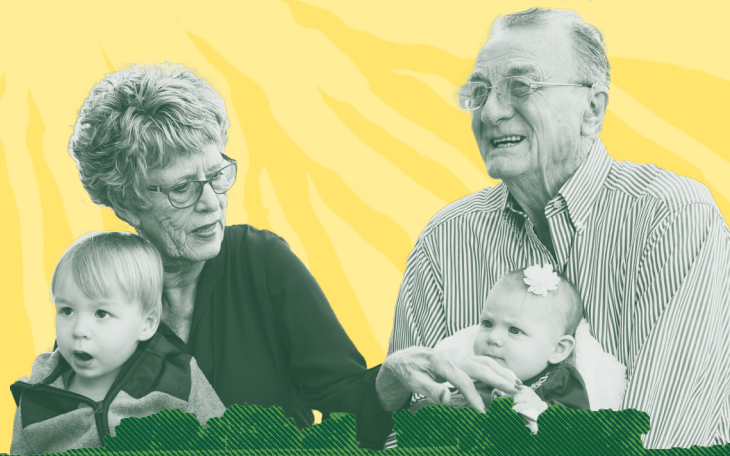




# BE PREPARED FOR Extreme Heat

Extreme heat is a long period (typically 2–3 days) of high heat and humidity with temperatures above 90°F



## If You Are Under An Extreme Heat Warning:

-  Find air conditioning, if possible
-  Check on your family and neighbors
-  Avoid strenuous activities
-  Drink plenty of fluids
-  Never leave people or pets in a closed car
-  Wear light clothing

### Those at the greatest risk of heat-related illness include:

- Infants and children under 4 years old
- People who are overweight
- People over 65 years old
- People who are ill or on certain medications

## Recognize and Respond

Know the signs and ways to treat heat-related illness

### Heat Exhaustion

**Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

**Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of a cool sports drink with salt and sugar.

### Heat Cramps

**Signs:** Muscle pains or spasms in the stomach, arms, or legs.

**Actions:** Go to a cooler location. Remove excess clothing. Take sips of a cool sports drink with salt and sugar.

### Heat Stroke

**Signs:** Extremely high body temperature (above 103°F) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.

**Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.**

**Get medical help if symptoms last more than an hour.**