AVOID SPOT TREAT

HEAT STROKE & HEAT EXHAUSTION

In hot temperatures your body may be unable to properly cool itself, leading to serious health problems.

AVOID

When the temperature is very high stay indoors. If you must go outside, dress properly and take breaks often. Know who is at high risk for heat stroke and heat exhaustion.

Tips to Beat the Heat

- Drink plenty of water!
- Check on friends and neighbors at high risk for heat-related illness
- Find air-conditioned places to cool off (shopping malls and libraries)
- NEVER leave kids or pets in a closed, parked vehicle

If you go outside, remember:

- A HAT
- SUNSCREEN (SPF 15 OR HIGHER), LIGHTWEIGHT, LIGHT-COLORED, LOOSE-FITTING CLOTHING
- WATER
- LIMIT TIME OUTDOORS. TAKE BREAKS OFTEN

Know who is at high risk:
- Infants
- Young children
- Older adults
- People with chronic medical conditions

SPOT

Know the signs of heat stroke and heat exhaustion.

Heat Stroke

- Signs & Symptoms
  - Very high body temperature (above 103°F)
  - Red, hot, and dry skin (no sweating)
  - Rapid, strong pulse
  - Throbbing headache
  - Dizziness
  - Upset stomach
  - Confusion
  - Passing out

Heat Exhaustion

- Signs & Symptoms
  - Heavy sweating
  - Paleness
  - Muscle cramps
  - Tiredness
  - Weakness
  - Dizziness
  - Headache
  - Upset stomach or vomiting
  - Fainting

If you see any of these signs, get medical help immediately.

TREAT

While waiting for medical attention, you can help someone with heat stroke or heat exhaustion.

Heat Stroke

- Move the victim to a shady area or indoors. Do not give the person fluids.
- Cool the body by:
  - Placing person in a cool (not cold) bath or shower
  - Spraying with a garden hose
  - Sponging with cool water
  - Fanning
- Continue efforts to cool the person until help arrives or his or her body temperature falls below 102°F and stays there.

Heat Exhaustion

- Get medical attention if symptoms get worse or last longer than one hour.
- Cool the body with:
  - Cool, nonalcoholic beverages
  - Rest
  - A cool (not cold) bath, shower, or sponge bath
  - Moving to an air-conditioned room
  - Wearing lightweight clothing
- Seek medical help immediately if symptoms are severe or as a result of heat problems or high blood pressure.

http://emergency.cdc.gov/disasters/extremeheat/

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CS 262488-B

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Emergency Management Information System