Extreme heat events, or heat waves, are a leading cause of extreme weather-related deaths in the United States and the number of heat-related deaths is rising!

**WHO’S AT RISK?**

- Adults over 65
- Children under 4
- People with existing medical problems such as heart disease
- People without access to air conditioning

**WHAT CAN YOU DO?**

**STAY COOL**
- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

**STAY HYDRATED**
- Drink more water than usual
- Don’t wait until you’re thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

**STAY INFORMED**
- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

[LEARN MORE!](www.cdc.gov/ephtracking)