

# Keeping Cool **IN HOT WEATHER**

- Stay hydrated with water. Avoid alcohol, caffeine and sugary drinks.
- Take frequent breaks in activity
- Avoid strenuous activity indoors or outdoors in high temperatures
- Avoid outdoor activities during the hottest parts of the day (usually 3-6 p.m.) and limit sun exposure
- Use cold washcloths on neck or wrists
- Close doors of unused rooms and close curtains or blinds to keep heat out
- Avoid or limit use of ovens, stoves or other appliances that increase indoor temperature
- In extreme heat, a fan should not be relied on as the only method of cooling
- NEVER leave a child, disabled adult or pet unattended in a vehicle. When not in use, lock vehicles so children cannot climb inside and become trapped.

## Check in often with:

Older adults  
Infants and young children

People with limited mobility

Pregnant women

Anyone with pre-existing or chronic medical conditions

## KNOW THE SIGNS *of* Heat-Related Illness

Don't underestimate the danger of heat, even with short exposure.

### HEAT STROKE

**Call 911. This is a medical emergency**

- High body temperature (103 degrees F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Loss of consciousness

### HEAT EXHAUSTION

**Move to a cool place, hydrate, and reduce temperature with cool cloths or cool bath. Seek medical help if symptoms worsen or last longer than 1 hour**

- Heavy sweating
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Weakness or fatigue
- Dizziness
- Headache
- Fainting

Visit [www.snoco.org/cooling](http://www.snoco.org/cooling)  
for more info and a list of cooling stations

