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.

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 for more info and a list of cooling stations

Check in often with:
Older adults
Infants and young children
People with limited mobility
Pregnant women
Anyone with pre-existing or chronic medical conditions

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