

HEAT SAFETY



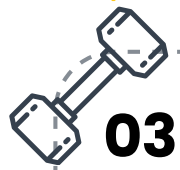
01

Wear Sunscreen & use protective clothing to prevent burns



02

Stay Hydrated



03

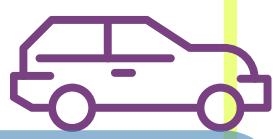
Limit strenuous outdoor activities

Find shade



04

Walk pets in early morning hours



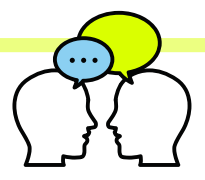
05



NEVER leave children, or animals inside your vehicle

06

Check on vulnerable family & neighbors.



07

Avoid cold water shock by entering water slowly. Lifejackets save lives



SCAN ME



For more tips and information

WHAT TO LOOK FOR

WHAT TO DO

Heat Stroke

- Body temperature above 103°F
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache / Dizziness
- Nausea
- Confusion
- Passing out



- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

Heat Exhaustion

- Heavy sweating
- Cold, pale, & clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Headache / Dizziness
- Passing out



- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- **Get medical help right away if:**
- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

Heat Cramps

- Heavy sweating during intense exercise
- Muscle pain or spasms



- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- **Get medical help right away if:**
- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

Sunburn

- Painful, red, and warm skin
- Blisters on the skin



- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

Heat Rash

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)



- Stay in a cool, dry place
- Keep the rash dry
- Use powder, like cornstarch to soothe the rash