Extreme Heat

Recognize and Respond

Those at the greatest risk of heat-related illness include:

- Infants and children under 4 years old
- People over 65 years old
- People who are overweight
- People who are ill or on certain medications

If You Are Under An Extreme Heat Warning:

- Find air conditioning, if possible
- Avoid strenuous activities
- Never leave people or pets in a closed car
- Check on your family and neighbors
- Drink plenty of fluids
- Wear light clothing

Heat Exhaustion

**Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

**Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of a cool sports drink with salt and sugar.

Get medical help if symptoms last more than an hour.

Heat Cramps

**Signs:** Muscle pains or spasms in the stomach, arms, or legs.

**Actions:** Go to a cooler location. Remove excess clothing. Take sips of a cool sports drink with salt and sugar.

Heat Stroke

**Signs:** Extremely high body temperature (above 103°F) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.

**Actions:** Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.