

How to Survive a Heatwave

Keep Rooms Cool

- Lower shades to reduce heat
- Maintain cross air ventilation
- Avoid fans if room is >95 degrees as they no longer cool the air

Wear Loose Clothing and a Hat

- Loose cotton (non-synthetic) is best
- Wear a wide-brimmed hat outside

Cool Down with Showers

- Or cool, wet towels

Drink Lots of Water

- Hydrate before you feel thirsty
- Avoid alcohol, caffeine, and sugary drinks

Find Cool Shelter

- Don't wait out the heat at home*
- Cool down in libraries, malls, movie theaters, and local cooling centers

Never Leave Kids or Pets in Cars

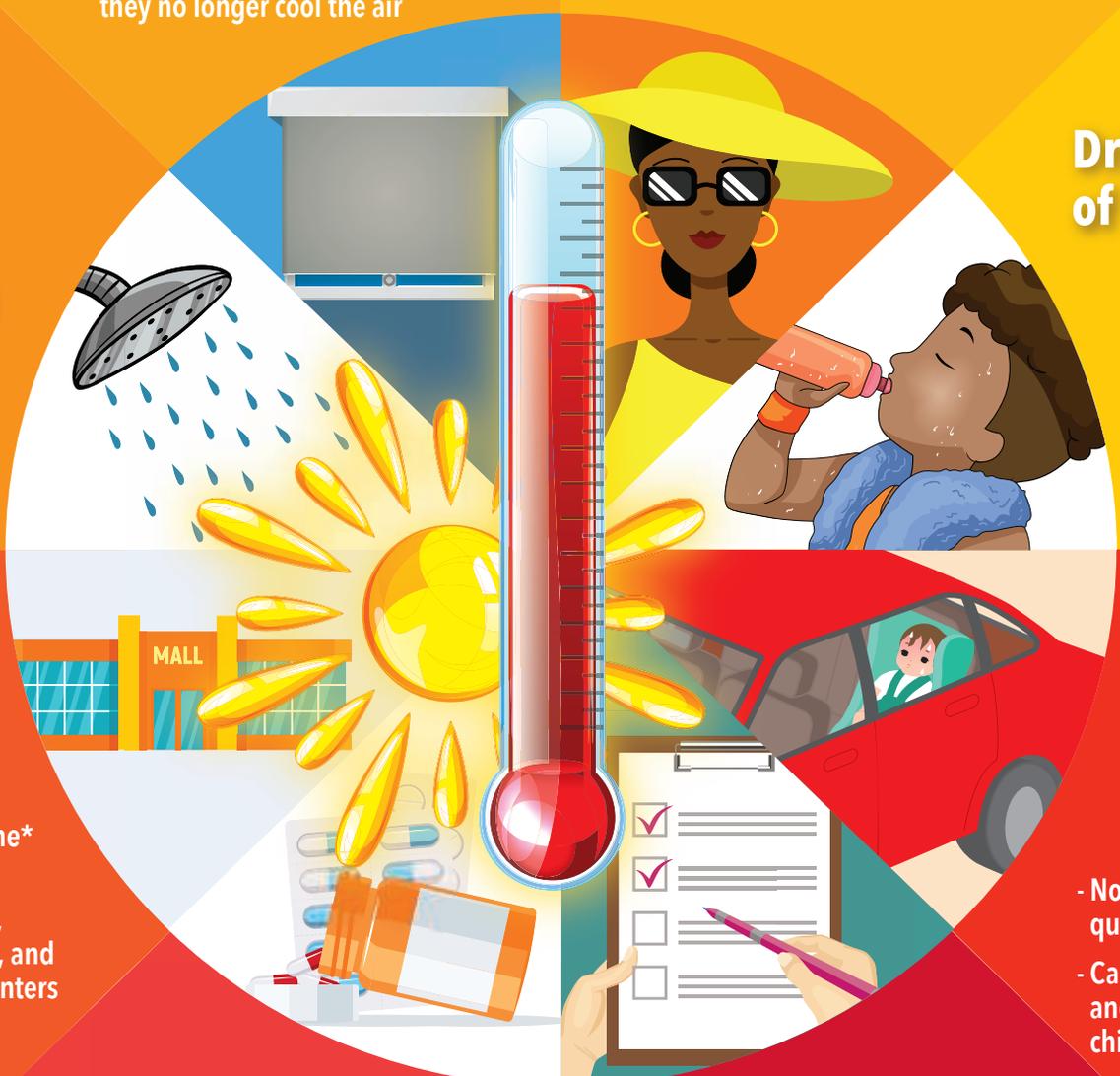
- Not even for a quick minute
- Cars heat up fast and can kill children and pets

Take Meds as Prescribed

- BEFORE heat waves, ask your health care provider about any changes to your medications during hot weather

Make a Plan for Help

- BEFORE heat strikes, ask a friend/neighbor to check on you 2x/day
- Seek health care IF throbbing headache, dizziness, nausea, or feel confused
- Call 911 for emergencies



*Many heat-related deaths happen by waiting out heat waves in over-heated apartments.



SIGNS AND SYMPTOMS OF HEAT STROKE

Heat stroke is serious but preventable. Watch for early signs to prevent dangerous impacts.



Early Signs

increased sweating, muscle cramps



Heat Exhaustion

heavy sweating, thirst, fatigue, decreased urine, headache, nausea or vomiting, cold, clammy skin, dizziness or fainting



Heat Stroke/SEVERE

throbbing headache, fast strong pulse, hot flushed dry skin (skin may be damp), confusion and loss of consciousness (passing out)

SIGNS/RISKS ARE DIFFERENT FOR DIFFERENT PEOPLE



Young Children: whimpering, crying, cranky, listless. Infants and young children can easily become dehydrated



Young Athletes: can be reluctant to inform coaches of trouble and push beyond safe levels; should not participate in strenuous athletic activities during extreme heat



Older Children and Teens: angry, aggressive, trouble concentrating



Older Adults: confusion and more extreme lethargy



Frail and Chronically Ill: Cooling mechanism of sweating less effective, medications and illness make risks more significant



Pregnant Women: Risk of pregnancy complications as body heat increases due to additional fluid and weight



Low Income: Substandard housing, lack of air conditioning



Outdoor Workers: Greater exposure to heat, pressure to continue to work in extreme heat



Homeless: Greater exposure to heat and lack of ability to find protections; homeless mentally ill at even greater risk



People with mental illness or substance abuse: May have difficulty monitoring and caring for themselves