



CHECK ON LOVED ONES AND NEIGHBORS



CHECK IN REGULARLY with loved ones and neighbors, especially older adults, people who live alone, and people without air-conditioning



Make sure they are **STAYING HYDRATED** and in a **COOL ENVIRONMENT**



Check for signs of **HEAT ILLNESS** and **CALL 911** if there is an emergency



TIPS FOR PROTECTING YOURSELF



WATCH FOR SYMPTOMS. Know the signs of heat-related illness and what to do if you begin experiencing symptoms.



SEEK AIR-CONDITIONING. If you don't have air-conditioning and it's hotter than 95°F, go to a public building where it's cooler.



LIMIT TIME OUTSIDE. Avoid outdoor activity during the hottest parts of the day if possible. Wear light, loose clothing and take frequent breaks in shade or in air-conditioning.



STAY HYDRATED. Drink plenty of water throughout the day and don't wait until you're thirsty to drink. Avoid alcohol and caffeine.



STAY INFORMED. Stay updated on local weather forecasts so you can safely plan outdoor activities.



IN CASE OF EMERGENCY CALL 911

Sign up for heat-health alerts from NCDHHS at <https://epi.dph.ncdhhs.gov/oeo/climate/heat.html>

For more information go to www.cdc.gov/disasters/extremeheat/faq.html



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

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HEAT ILLNESS

SIGNS AND SYMPTOMS



WHAT TO DO

IF YOU SEE THE SIGNS/SYMPTOMS



HEAT CRAMPS



- Heavy sweating
- Muscle cramps and spasms

- Stop physical activity
- Move to a cooler place
- Rest
- Drink water/electrolyte drinks

HEAT EXHAUSTION



- Heavy sweating
- Nausea
- Weakness
- Dizziness
- Headache
- Fast, weak pulse
- Thirst
- Irritability

- Move to a cooler place
- Loosen clothing
- Drink sips of water
- Take a cold bath/shower
- Place cold wet cloths on body and change frequently to keep cool
- Seek medical attention

HEAT STROKE



- Hot dry skin
- Confusion
- Loss of consciousness
- Fast, strong pulse
- Body temperature of 103°

Call 911 IMMEDIATELY

- Move to cooler place
- Remove outer clothes
- Cool the body quickly with a cold bath/shower
- Place cold wet cloths or ice packs on body