

Summer Heat Safety

Heat-related illness

Your body normally cools itself by sweating. During hot weather, especially when it is very humid, sweating just isn't enough to cool you off. Your body temperature can rise to dangerous levels and you can develop a heat illness that can result in hospitalization or death if untreated.

Most heat illnesses happen when you stay out in the heat too long.

Who is at risk?

Anyone can develop a heat-related illness but some people are more vulnerable:

- Older adults
- Young children
- People who are sick or have chronic illnesses such as heart disease and diabetes
- People who work or exercise outside
- People who are overweight
- People taking certain medications

Know the signs and symptoms to look for to keep you and others safe during the summer months.

Signs and Symptoms of Heat Related Illnesses

Heat Stress and Heat Exhaustion

SYMPTOMS

- Heavy sweating
- Pale, clammy skin
- Nausea or vomiting
- Dizziness
- Muscle cramps
- Headache
- Fatigue

TAKE ACTION

- Move to a cool space
- Lower body temperature with cool, wet cloths
- Sip water or electrolyte fluids

SEEK MEDICAL CARE IMMEDIATELY IF:

- Symptoms get worse
- Symptoms don't improve within one hour

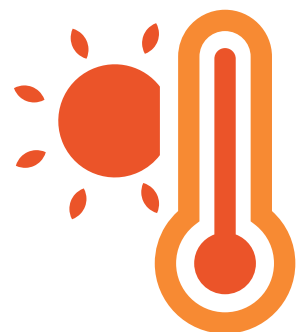
Heat Stroke

SYMPTOMS

- Hot, red, dry or damp skin
- Body temperature of 103°F or higher
- Rapid, strong pulse
- Upset stomach
- Throbbing headache
- Confusion or slurred speech
- Fainting

TAKE ACTION

- **Call 911 immediately if someone exhibits any symptoms – heat stroke is a severe medical emergency**
- Move to a cool space
- Place cool, wet cloths or ice packs on head, neck, groin and armpits

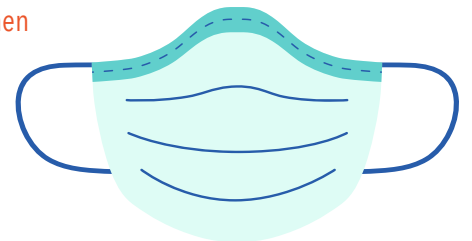




Stay COVID Safe During *Summer Heat*

During the summer heat it's important continue to maintain COVID safety measures. Prepare and take steps to keep yourself and others safe from heat illness and COVID-19.

- Do not visit public spaces or friends for cooling relief if you have symptoms of COVID-19 or recently tested positive for COVID-19.
- Check on friends and relatives who are isolated and at greater risk for heat illness using video calls or phone to stay safe.
- Heat-related illness and COVID-19 symptoms can be similar. Seek medical attention and get tested for COVID-19.
- Wear a mask with the best fit, protection, and comfort for you.
- Disposable masks, cloth masks and respirators that become wet with sweat or soiled should be changed as soon as possible. Throw disposable masks in the trash and wash cloth masks after every use.
- Stay Hydrated. Drink plenty of water, especially when the masks will likely lead to higher body temperatures and sweating.
- Don't exert yourself if you don't need to. Take breaks when needed. If wearing a mask in the heat makes it hard to breath because of preexisting conditions, limit mask use by staying home or staying away from others when outdoors. Avoid scheduling strenuous tasks during the hottest parts of the day.



**Be smart while practicing safety precautions,
and do your best to stay cool and comfortable.**