

COPING WITH EXTREME HEAT TIPS FOR CARING FOR YOURSELF



There are things you can do to protect yourself during heat waves.
Be Prepared: Know what to do BEFORE a heat wave strikes.

BE COOL-STAY COOL! PLAY IT SAFE ON HOT DAYS!
You may not even feel yourself getting hot or thirsty

TIPS FOR STAYING COOL AND AVOIDING OVERHEATING:

- **DRINK LOTS OF WATER:** Staying well hydrated is key to avoiding overheating. Do Not wait until you are thirsty! By the time you are thirsty, you may already be dehydrated. If your urine is dark or if you are not urinating, you are becoming dehydrated.
- **KEEP OUT OF THE HEAT:** Know cool places to go,
 - Libraries, malls, movie theaters, air-conditioned coffee shops may be good places
 - Your community may have cooling centers, contact your public health department or ask your provider for resources
 - Do not stay in overheated apartments or rooms with no ventilation
 - In very severe heat, fans blow hot air and may make it worse
- **WEAR LIGHT LOOSE CLOTHING.** Do not wear layers or jackets
- **TAKE SHOWERS** or keep your face and arms wet with water
- **FIND SHADE** and wear wide brimmed hat, if outside
- **STAY INFORMED** by listening to radio or TV about warnings and ways to cope
- **AVOID ALCOHOL AND RECREATIONAL DRUGS:** Alcohol increases dehydration. Drugs, particularly MDMA, Cocaine, and Methamphetamine reduce your ability to stay cool and release heat
- **DO NOT STOP TAKING YOUR MEDICATIONS** or change your dose unless your provider tells you to:
 - Before summer months, discuss safe use of medications with your provider

HEATWAVES CARING FOR YOURSELF



- Keep rooms as cool as possible
- Use shades to cover windows; maintain cross air ventilation.
- Avoid fans if rooms over 90-95°
- Find alternative shelter in cooling centers if needed
- Do not leave children or pets in cars



STAY HYDRATED:

- Drink lots of water to stay hydrated
- Avoid alcohol or sugary drinks

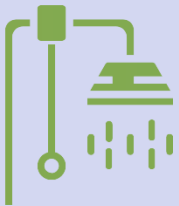


Know where to find shelter:

- Cooling places to go: libraries, malls, movie theaters, respite centers



Make sure that all medications are taken in usual way unless advised by health care provider otherwise



Cool down with showers or wet cool towels



Dress in loose cotton clothing; If outside wear wide brimmed hat



Stay informed with weather alerts and radio guidelines
Know how to get help; Keep important phone numbers
911 for emergencies or if you are getting disoriented or confused

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TIPS FOR STAYING COOL AND AVOIDING OVERHEATING CONTINUED:

- BE AWARE OF EARLY SIGNS OF HEAT RELATED ILLNESS:
 - EARLY: increased sweating muscle cramps,
 - HEAT EXHAUSTION: heavy sweating, thirst, decreased urine output, fatigue, 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) possible confusion and loss consciousness (passing out)

**FIND HELP IMMEDIATELY IF YOU FEEL
NAUSEATED, VOMIT, ARE CONFUSED or
AGITATED OR HAVE OTHER SIGNS OF HEAT
EXHAUSTION OR HEAT STROKE
REQUIRES URGENT MEDICAL ATTENTION ;**

CALL 911

ADDITIONAL RESOURCES FROM THE CENTERS FOR DISEASE CONTROL

- [Keep your cool in hot weather](#)
- [Tips for Preventing Heat-Related Illness](#)
- [Emergency preparedness and response – frequently asked questions \(FAQ\) about extreme heat](#)