**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
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)

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