

HEAT

Be Prepared

Days are getting hotter, which can be life threatening

- Make a plan of where to stay cool – air conditioned home, library, cooling stations
- Sign up for weather warnings – see QR codes
- Protect yourself on hot days:
 - Drink water, even if not thirsty
 - If working in hot conditions – set up shaded rest areas, take breaks in the shade, and drink water
 - Recognize early symptoms of too much heat – muscle cramps, rash, fatigue

Seek Medical Attention

Heat Exhaustion – go to a clinic or Emergency Room

Symptoms: Fainting or dizziness, heavy sweating, headache, nausea or vomiting, light-headedness, weakness, thirst, decreased urine output, muscle cramps

Heat Stroke – call 911

Symptoms: Confusion, slurred speech, red, hot, dry skin or profuse sweating, very high body temperature, seizures, loss of consciousness



< **Download the OSHA Heat Index Tool.** Get instant readings of local temps, humidity and warnings; includes symptoms and first aid information.
<https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>



< **Get heat risk information and more from the Centers for Disease Control (CDC).**
<https://ephtracking.cdc.gov/Applications/heatTracker/>