



How to Survive Extreme Heat

Lower shades

Wear loose cotton

Cool down with wet towels

Drink lots of water

Take meds as prescribed

Never leave kids/pets in cars

It can kill them

Go to a cooler place

Make a plan for help

Many heat-related deaths happen in over-heated apartments.

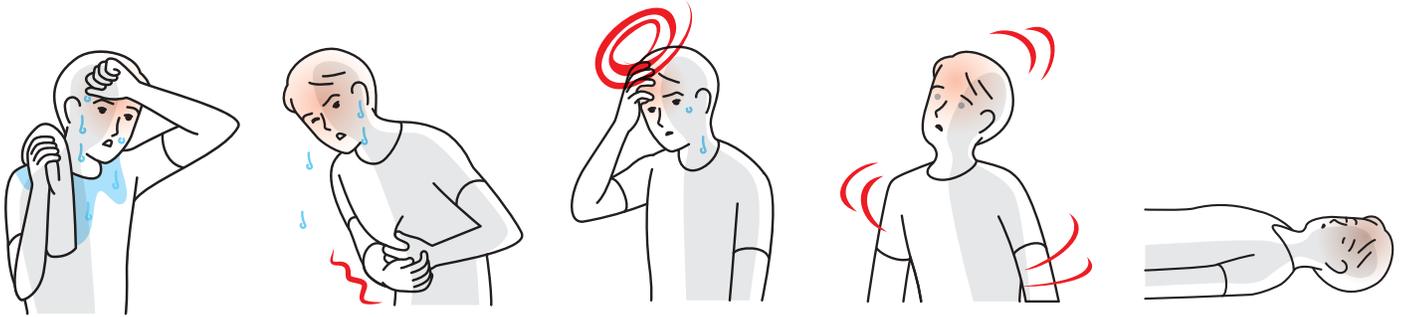
Ask a neighbor to check on you 2x/day

Seek health care if you have a throbbing headache, dizziness, nausea, or feel confused.



WARNING SIGNS OF HEAT STROKE

Heat stroke is serious but preventable. Watch for early signs to prevent dangerous impacts.



Early Signs

increased sweating,
muscle cramps



Heat Exhaustion

heavy sweating, thirst,
fatigue, decreased urine,
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),
confusion and loss of
consciousness (passing out)

SIGNS OF HEAT STROKE VARY



Older Adults

confusion and more extreme lethargy



Frail and Chronically Ill

Cooling mechanism of sweating less effective,
medications and illness make risks more significant



Homeless

Greater exposure to heat and lack of ability to find protections



People with mental illness or substance abuse

May have difficulty monitoring and caring for themselves