

# 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.

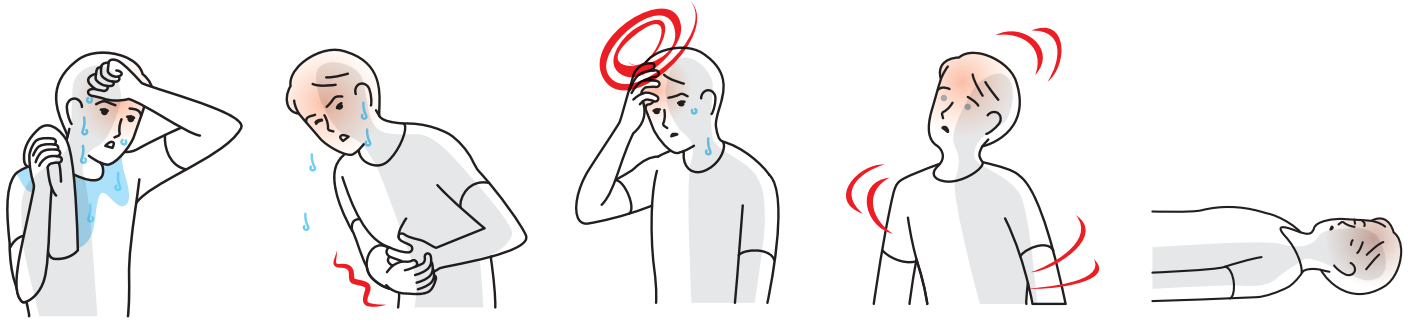
Ask a neighbor to check on you 2x/day

**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