EXTREME HEAT

JURISDICTION LOGO

Know Your Risks

Extreme heat is a long period (2-3 days) of high heat and humidity. Extreme heat can be deadly and should not be underestimated. Your work, age, and health factors may make you or your loved ones more vulnerable.

Children, people over the age of 65, people with heart or other medical conditions, people taking medications should take extra care with heat risk.

Signs to Take a Break

- Headache
- Thirst
- Weakness or dizziness
- Nausea
- Heavy sweating
- Decreased urine output
- High body temperature
- Hot and dry skin

Stay Cool

If you or someone else experiences any of these symptoms, take precautions to cool down immediately.

See Page 2 for Cooling Strategies

Get Immediate Medical Attention If You Have

- Confusion, Abnormal Thinking or Behavior
- Slurred Speech
- Loss of Consciousness
- Core Body Temperature of 104 Degrees

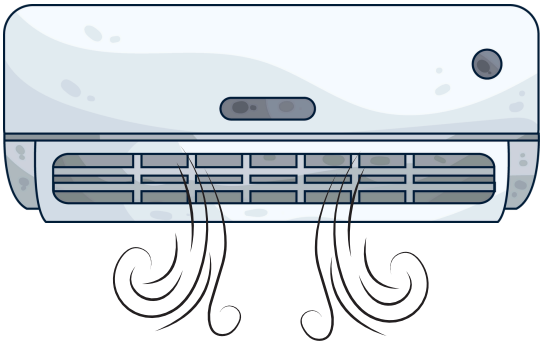
QR Code

COOLING STRATEGIES

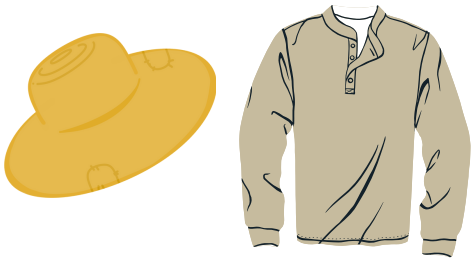
JURISDICTION LOGO

Stay Cool During Extreme Heat

Find shelter and shade



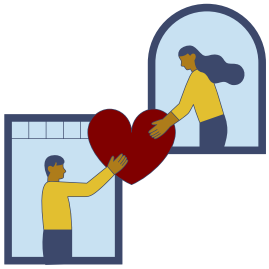
Find places with air conditioning



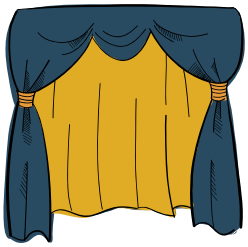
Wear light-colored, light weight, and loose-fitting clothing

Take rest breaks

Drink small sips of water regularly and avoid alcohol



Check on your colleagues, neighbors, family, and friends



Cover windows with drapes and curtains

Take cool showers