

Stay Cool, *Stay Healthy*

Protect yourself and others when it's hot outside by staying cool, staying hydrated, and knowing the symptoms of heat illness.

What is heat illness?

Heat illness happens when you feel sick from overheating. It is caused by an increased body temperature. Heat rash, heat cramps, heat exhaustion, and heat stroke are the 4 most common types of heat illnesses. Heat illness can happen if you are outside too long, do too much exercise, or work in high temperatures and humidity. Here are some ways to stay cool and stay safe:

Stay hydrated

- Drink plenty of water
- Carry a water bottle and refill it throughout the day



Stay cool

- Seek shade
- Stay indoors
- Locate cooling centers



Check the car

- Check that everyone is out of the car
 - Babies & Kids
 - Pets



Schedule outdoor activities carefully

- Do outdoor activities during the coolest parts of the day or evening, if possible
- Limit hard, physical activities



Check on your community

- Elders
- Children
- Pregnant people
- People with chronic conditions
- People without air conditioning
- Livestocks & pets



Stay informed

- Local Public
- Health Offices
- Local News
- Social Media



Limit your time in the sun

- Take breaks when you can
- Too much direct sun can be harmful



Practice sun protection

- Wear sunscreen
- Make sure to cover all sun-exposed areas



Wear cool clothing

- Hats
- UV protected sunglasses
- Light colored clothes
- Loose, airy clothing



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HEAT RASH

WHAT IS IT

A skin rash caused by excessive sweating during hot, humid weather

WHAT TO LOOK FOR

Red clusters of pimples or small blisters
Usually appears on the neck, chest, groin, or in elbow creases

WHAT TO DO

Stay in cool, dry place
Keep the rash dry
Use baby powder to soothe the rash

SUNBURN

WHAT IS IT

Too much exposure to ultraviolet(UV) rays from the sun that causes redness, pain, and inflammation of the skin

WHAT TO LOOK FOR

Painful, pink or red discoloration of the skin
Skin is warm to the touch

WHAT TO DO

Use aloe vera gel or lotion on sunburned areas
Stay out of the sun until sunburn heals
Take a cool bath

HEAT CRAMPS

WHAT IS IT

Painful muscle cramps that happen when your body loses too much salt and water from sweating heavily

WHAT TO LOOK FOR

Muscle pain or cramps in abdomen, arms or legs

WHAT TO DO

Stop physical activity and move out of the heat
Drink water or sports drink
Seek help if cramps last longer than an hour

HEAT EXHAUSTION

WHAT IS IT

Feeling sick from overheating

WHAT TO LOOK FOR

Heavy sweating	Weakness
Nausea, or Throwing up	Dizziness
Muscle cramps	Headache

WHAT TO DO

Move to a cool area and drink water
Cool the body down with a cold compress or cold water
Get medical help if:
You are throwing up
Symptoms last longer than 1 hour

HEAT STROKE

WHAT IS IT

The body can no longer cool itself, and the person will need immediate medical treatment. The body's temperature can rise to 106°F or higher in 10 to 15 minutes

WHAT TO LOOK FOR

Confusion
Slurred speech
Loss of consciousness
Hot, dry skin or heavily sweating
Seizures
Very high body temperature

WHAT TO DO

Call **911** right away
Move person to a cooler place
Lower body temperature with cold water as a cool bath, on the skin, or soaking clothes