



# Extreme Heat is Deadly

Protect yourself, loved ones and neighbors.

## Take Action



### Stay hydrated

- **Drink a cup of water every hour**, even if you don't feel thirsty.
- **Avoid** sugary, caffeinated and alcoholic drinks.
- **Check your urine color**—dark yellow means you need to drink more water.



### Stay cool

- **Spend time in air-conditioned places.**
- **If your home is too hot**, go to a mall, library or cooling center.
- **Being in the shade** outside might be cooler than staying in a home without air conditioning.
- **Take cool showers or baths.**



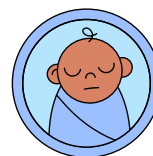
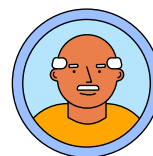
### Stay connected

- **Talk to your doctor** about ways to stay safe. Heat can be more dangerous if you're pregnant, have a health condition, or take medicine.
- **Sign up** for free local emergency alerts.
- **Check on your loved ones and neighbors.** Remind them to stay hydrated and cool.

## Know Who's at Risk

Extreme heat is dangerous for anyone, but **some people are more at risk** of getting sick, including:

- **Older adults**
- **Babies and young children**
- **Pregnant women**
- **People with chronic conditions or who take medicine**
- **People with disabilities**
- **People using drugs or alcohol**
- **Athletes and outdoor workers**
- **People without air conditioning, experiencing homelessness or living alone**



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Learn more about staying safe during extreme heat.

[redcross.org/heatcheck](https://redcross.org/heatcheck)



# Act Fast If You See Signs Of Heat Illness

Heat illness happens when your body can't cool itself down properly.

## Heat Cramps

### ! Signs

- Heavy sweating
- Muscle pain
- Cramps

### ✓ Take Action

- **Stop, rest** in a cool place, and **slowly sip water**.
- **Don't** drink if you feel sick.
- **Get medical help** if your cramps last over an hour or if you have heart problems.

## Heat Stroke

### ! Signs

- High body temperature
- Rapid heartbeat
- Confusion
- Headache
- Dizziness
- Fainting
- Nausea or vomiting

### ✓ Take Action

- **Call 911**
- Move to a **cool place**.
- **Remove** extra clothing
- Use a **wet cloth** or a **cool bath** to cool down.
- **Don't** drink anything.

## Heat Exhaustion

### ! Signs

- Heavy sweating
- Weakness
- Cool and clammy skin
- Muscle cramps
- Dizziness
- Fainting
- Nausea or vomiting

### ✓ Take Action

- **Stop, rest** in a cool place, and **slowly sip water**.
- **Don't** drink if you feel sick.
- **Loosen** your clothes.
- Place a **cool, wet cloth** on your body.
- **Get medical help** if you are vomiting or don't feel better.



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