



Extreme Heat is Deadly

Protect yourself, loved ones and neighbors.

Take Action



Stay Hydrated

- **Drink a cup of water every 20 minutes**, 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.**



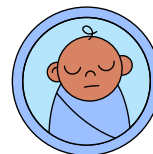
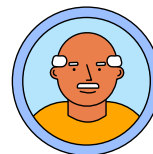
Stay Connected

- **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**



**American
Red Cross**



Learn more about staying
safe during extreme heat.

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 drink a cup of water – or a sports drink – every 20 minutes.
- If you feel sick to your stomach, **pause drinking**.
- **Get medical help** if cramps last more than two hours 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** right away.
- Move them to a **cooler place**.
- **Remove** extra clothing.
- Cool them with a **wet cloth** or a **cool bath**.
- **If possible**, have them sip a sports drink or water.

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 drink a cup of water – or a sports drink – every 20 minutes.
- **Loosen** your clothes.
- Place a **cool, wet cloth** on your body.
- **Get medical help** if you're vomiting, don't feel better in an hour or if you have heart or kidney problems.



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