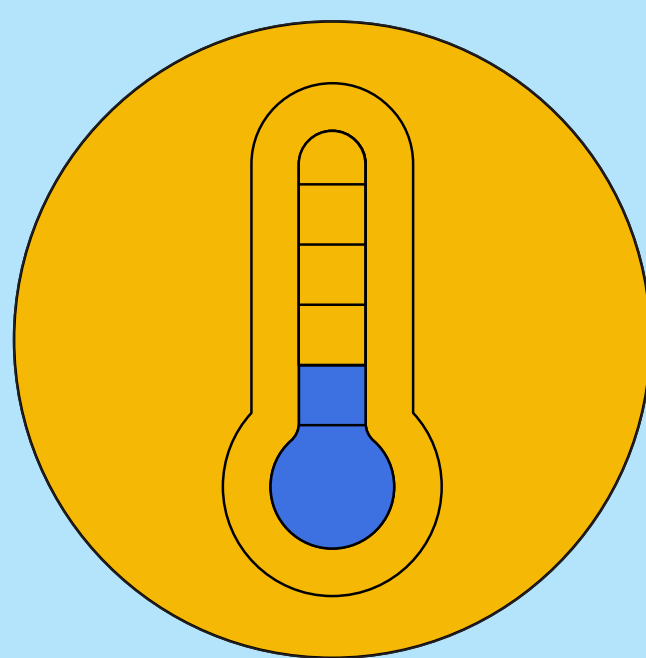


Stay Safe in Extreme Heat



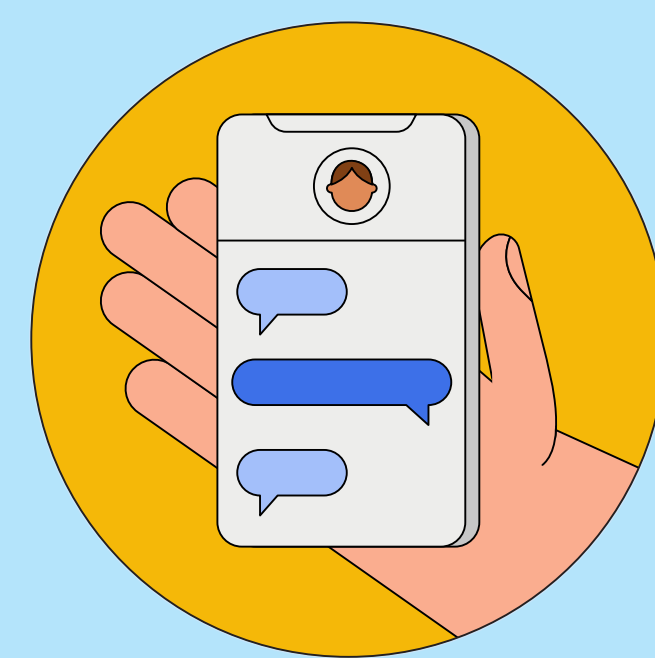
Stay Hydrated.

Drink a cup of water every hour.



Stay Cool.

Spend time in air-conditioned places.



Stay Connected.

Check on loved ones and neighbors.



**American
Red Cross**



Learn more about staying safe during extreme heat.

redcross.org/heatcheck



Act Fast to Help Save a Life.

Know the Signs of Heat Illness.

Heat Cramps

- Heavy sweating
- Muscle pain
- Cramps

Take Action: Stop, rest in a cool place and sip water.

Heat Exhaustion

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

Take Action: Stop, rest in a cool place and sip water. Loosen your clothes and place a cool, wet cloth on your body.

Heat Stroke

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

Take Action: Call 911. Move to a cool place, remove extra clothing and use a wet cloth or a cool bath to cool down. Do NOT drink anything.



**American
Red Cross**



Learn more about staying
safe during extreme heat.

redcross.org/heatcheck