EMERGENCY PREPAREDNESS POINTER

AUGUST 2022

BEAT THE HEAT 🌞

It’s hot out there, which means there is a greater risk of experiencing heat-related illnesses such as **heat cramps**, **heat exhaustion**, and **heat stroke**. Learning the signs of these illnesses and actions you can take to prevent or treat them will help you **beat the heat**.

### HEAT SAFETY TIPS

- Drink plenty of water and fluids that contain electrolytes
- NEVER leave people or pets in a closed car
- Watch for heat cramps, heat exhaustion, and heat stroke
- Wear lightweight clothing
- Use the buddy system when working outside
- Avoid strenuous activities
- Check on family members and neighbors
- Wear sunscreen with UVA/UVB protection
- Try to limit outdoor activities to when it’s coolest
- Stay indoors with air conditioning, if possible
- When outside, try to stay in areas of shade as much as possible (FEMA 2018)

### HEAT CRAMPS

**Signs**
Muscle pains or spasms in the stomach, arms, or legs.

**Actions**
Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour (FEMA 2018).

### HEAT EXHAUSTION

**Signs**
Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

**Actions**
Go to an air-conditioned place and lie down. Loosen or remove excess clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour (FEMA 2018).

### HEAT STROKE

**Signs**
Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.

**Actions**
Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives (FEMA 2018).