

Extreme Heat Preparedness Guide

An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat kills more people than any other weather event. Prepare now to protect yourself and your loved ones.

During the event



Stay hydrated

- » Drink plenty of fluids.
- » Replace salt and minerals with snacks or a sports drink.



Stay cool

- » Stay in an air-conditioned place as much as possible.
- » If your home does not have air conditioning, go to your predesignated cool location.
- » Wear lightweight, loose clothing and take cool showers or baths.
- » If you work outdoors during the day, be sure to take frequent breaks and drink plenty of water.



Prevent heat illness

Check on your friends, family and neighbors. Help them prevent heat illness. Act fast if you notice someone with symptoms. Anyone can develop heat illness. People at greater risk are:

- » Older adults
- » Infants, children and pregnant women
- » People with medical conditions
- » Outdoor workers
- » People with limited personal resources

Heat Illness

Heat Cramps are muscle spasms caused by a large loss of salt and water in the body.

What to Look For

Heavy sweating with muscle pain or spasms

What to Do

- » Move to a cool place
- » Drink water or a sports drink
- » Get medical help right away if:
 - Cramps last longer than 1 hour
 - Person affected has heart problems

Heat Exhaustion is severe and may require emergency medical treatment.

What to Look For

- » Heavy sweating
- » Cold, pale and clammy skin
- » Fast, weak pulse
- » Nausea or vomiting
- » Muscle cramps
- » Tiredness or weakness
- » Dizziness-Headache-Passing out

What to Do

- » Move to a cool place
- » Loosen tight clothing
- » Cool the body using wet cloths, misting, fanning or a cool bath
- » Sip water slowly Get medical help right away if:
 - Vomiting occurs
 - Symptoms last longer than 1 hour or get worse
 - Confusion develops

Heat Stroke is deadly and requires immediate emergency treatment.

What to Look For

- » High body temperature (104°F or higher)
- » Hot, red, dry or damp skin
- » Fast, strong pulse
- » Headache-Dizziness
- » Nausea-Confusion-Passing out

What to Do

Call 911 right away, then:

- » Move to a cool place
- » Cool the body using wet cloths, misting, fanning or a cool bath
- » Do NOT give the person anything to drink