# STAYING HEALTHY DURING HOT WEATHER

Getting too hot can make you sick. Take steps to stay cool when the weather is hot and know the warning signs of heat-related illness. People at higher risk for getting sick from heat include:







People with chronic

health conditions

Households that do not have air conditioning

Babies and children

Older adults (65 and older)

People who work or exercise outdoors

## Know the warning signs

#### Signs of HEAT EXHAUSTION can include:

- Heavy sweating
- Tiredness/weakness Dizziness
- Cold, clammy skin Fast, weak pulse
- Headache
- Nausea or vomiting

Muscle cramps

 Loss of consciousness (passing out)

#### Seek medical help for heat exhaustion if the person is throwing up, their symptoms are getting worse, or symptoms last longer than an hour.

#### Signs of HEAT STROKE can include:

- High body temperature (103° or higher)
- Hot, red skin
- Fast, strong pulse
- Headache
- Dizziness or nausea
- Loss of consciousness (passing out)

### CALL 911 if you think someone has heat

**stroke.** Heat stroke is a medical emergency.

Watch the weather forecast

Check your favorite local news source

206-526-6087

or the National Weather Service:

🔆 weather.gov

## Tips to cool off when it's hot

 Stay in cool, indoor spaces as much as you can. If you are not able to stay cool in your home, go to a public space with air conditioning.



- Drink plenty of water.
- Wear loose, lightweight, light-colored clothing. Use sunscreen.
- Pace yourself when working or exercising outside. Take breaks.
- Take cool showers or baths, or visit a pool, lake or swimming beach. For current beach advisories, go to kitsappublichealth.org/beaches or call 360-728-2235.

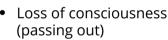
#### Learn about cooling centers Cooling centers may be open when the

weather is extremely hot. Learn more:

kitsapdem.com
211

Check on neighbors and loved ones.

Confusion



HEALTH DISTRICT

**KITSAP PUBLIC**