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.

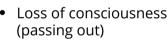
Learn about cooling centers Cooling centers may be open when the

weather is extremely hot. Learn more:

kitsapdem.com
211

Check on neighbors and loved ones.

Confusion



HEALTH DISTRICT

KITSAP PUBLIC