

# 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:**



Babies and children



Older adults (65 and older)



People who work or exercise outdoors



People with chronic health conditions



Households that do not have air conditioning

## Know the warning signs

### Signs of **HEAT EXHAUSTION** can include:

- Heavy sweating
- Cold, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness/weakness
- Dizziness
- Headache
- 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
- Confusion
- Loss of consciousness (passing out)

**CALL 911 if you think someone has heat stroke.** Heat stroke is a medical emergency.

## 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](https://kitsappublichealth.org/beaches) or call 360-728-2235.
- Check on neighbors and loved ones.



## Watch the weather forecast

Check your favorite local news source or the National Weather Service:



**weather.gov**



**206-526-6087**

## Learn about cooling centers

Cooling centers may be open when the weather is extremely hot. Learn more:



**kitsapdem.com**



**211**