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)
- Headache
- Dizziness or nausea
- Confusion
- Hot, red skin
- Fast, strong pulse
- 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 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

**LEARN MORE:** cdc.gov/极端热 | weather.gov | kitsapdem.com | kitsappublichealth.org | 360-728-2235