

# HEAT SAFETY

01

Wear Sunscreen &  
use protective  
clothing to prevent  
burns

02

Stay Hydrated



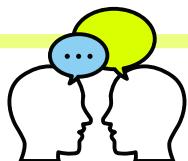
03

Limit strenuous  
outdoor  
activities

Find shade

06

Check on  
vulnerable  
family &  
neighbors.



05

NEVER leave children,  
or animals inside  
your vehicle



04

Walk pets in early  
morning hours



07

Avoid cold water  
shock by entering  
water slowly.  
Lifejackets save lives



SCAN ME

For more  
tips and  
information

## WHAT TO LOOK FOR

### Heat Stroke

- Body temperature above 103°F
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache / Dizziness
- Nausea
- Confusion
- Passing out



### Heat Exhaustion

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



### Heat Cramps

- Heavy sweating during intense exercise
- Muscle pain or spasms



### Sunburn

- Painful, red, and warm skin
- Blisters on the skin



### Heat Rash

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)



## WHAT TO DO

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:***
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

- Stop physical activity and move to a cool place
  - Drink water or a sports drink
  - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:***
- Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

- Stay in a cool, dry place
- Keep the rash dry
- Use powder, like cornstarch to soothe the rash